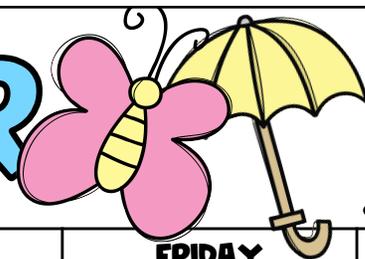


KINDNESS CALENDAR



April
2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Be the rainbow in someone's sky.

5
Help make dinner

6
Make someone laugh

7
Wash the dishes

8
Draw someone a picture

9
Write a thank you note to a teacher

10
Help your parents with the laundry

11
Write a thank you note to a health care worker

12
Give yourself a compliment

13
Tell someone they are awesome

14
Think about what makes you special

15
Offer to help a relative that lives with you

16
Give out 5 compliments

17
Tell a family member three things you love about them

18
Help make lunch

19
Write a thank you note to a first responder

20
Smile at as many people as you can

21
Write a gratitude list

22
Tell a sibling or relative three things you like about them

23
Go on a walk with a trusted adult and wave to at least 3 people

24
Do something helpful

25
Call or FaceTime a relative you haven't spoken to in a while

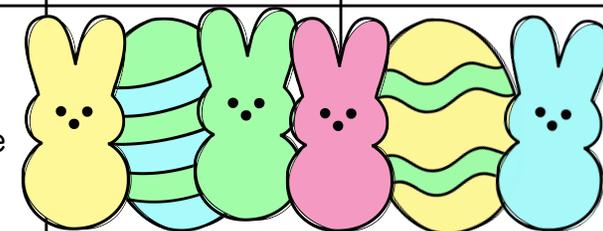
26
Make every bed in your house

27
Do a favor without expecting anything in return

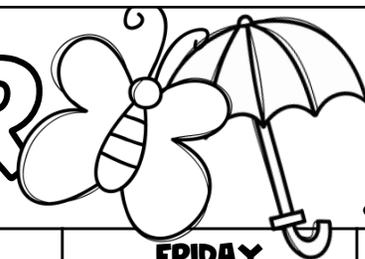
28
Smile when you see someone

29
Enjoy family time

30
Read to a younger relative



KINDNESS CALENDAR



April
2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Be the rainbow in someone's sky.

5
Help make dinner

6
Make someone laugh

7
Wash the dishes

8
Draw someone a picture

9
Write a thank you note to a teacher

10
Help your parents with the laundry

11
Write a thank you note to a health care worker

12
Give yourself a compliment

13
Tell someone they are awesome

14
Think about what makes you special

15
Offer to help a relative that lives with you

16
Give out 5 compliments

17
Tell a family member three things you love about them

18
Help make lunch

19
Write a thank you note to a first responder

20
Smile at as many people as you can

21
Write a gratitude list

22
Tell a sibling or relative three things you like about them

23
Go on a walk with a trusted adult and wave to at least 3 people

24
Do something helpful

25
Call or FaceTime a relative you haven't spoken to in a while

26
Make every bed in your house

27
Do a favor without expecting anything in return

28
Smile when you see someone

29
Enjoy family time

30
Read to a younger relative

