

# Acts of Kindness Calendar



**1**  
Start a journal to record one good thing that happens each day.

**2**  
Give someone a genuine compliment.

**3**  
Make a list of three things you are grateful for.

**4**  
Share your favourite joke with a new friend.

**5**  
Encourage someone that you can see is struggling.

**6**  
Thank someone for the things they do to help you.

**7**  
Offer to help someone.



**8**  
Own up to your mistakes.

**9**  
Clean up your room.

**10**  
Listen more than you speak.

**11**  
Help to tidy up your classroom or home.

**12**  
Send a message to someone that you care about.

**13**  
Compliment a classmate or family member about a unique characteristic.

**14**  
Forgive yourself for something that has been bothering you.

**15**  
Leave a kind message on someone's desk.

**16**  
Write a note to thank someone for their impact on your life.

**17**  
Introduce yourself to someone you haven't met before at school.

**18**  
Wish the first person that you see a wonderful day.

**19**  
Play a board game or do a puzzle with your family.



**20**  
Set yourself a goal for the day.

**21**  
Stand up for something you believe in.

**22**  
Write a positive message on the footpath with chalk.

**23**  
Hide a positive note in a library book.

**24**  
Pick up some litter to help your environment.

**25**  
Call someone you haven't talked to in a while.

**26**  
Try to create positive energy with the things you say and do.

**27**  
Make an effort to avoid judging others.

**28**  
Thank a friend for being there when you needed them.

**29**  
Do the dishes.

**30**  
Write a kind note and leave it for someone.

**31**  
Smile at someone.

