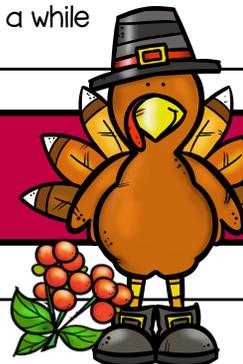


KINDNESS CALENDAR

November 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 Read a story to a younger relative	2 Hold the door open for someone	3 Write your teacher a thank you note	4 Smile when you see someone	5 Thank someone for being them	6 Draw a picture for your family	7 Make your bed and help serve breakfast	
8 Help make dinner	9 Make someone laugh	10 Wash the dishes	11 Draw someone a funny picture	12 Write a thank you note to a loved one	13 Help your parents with the laundry	14 Write about your favorite thing to do with your family	
15 Give yourself a compliment	16 Tell someone they are awesome	17 Think about what makes you special	18 Offer to help a relative that lives with you	19 Give out 5 compliments	20 Tell a family member 3 things you love about them	21 Help make lunch	
22 Write a thank you note to a first responder	23 Smile at as many people as you can	24 Write a gratitude list with a family member	25 Tell a sibling or relative 3 things you like about them	26 Go on a walk with a trusted adult and wave to at least 3 people	27 Do something helpful around the house	28 Call or FaceTime a relative you haven't spoken to in a while	
29 Donate canned goods to your local food pantry	30 Do a favor without expecting anything in return						



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