

NOVEMBER 2023 KINDNESS CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1 Keep away from negative vibes & practice stress management & reduction. Laugh a lot.	2 Celebrate a deceased loved one	3 Donate Thanksgiving food items to your local food bank	4 Appreciate someone who inspires you to be a better version of yourself
5 Adopt a youth or family to purchase holiday gifts for	6 Leave quarters in the parking meter, vending machine, or laundry machine	7 Make your voice heard and cast your vote	8 Plan a road trip to someplace new.	9 Write a love poem to yourself and read it out loud	10 Buy a bunch of forget-me-nots and give them out	11 Thank a Veteran Veterans Day
12 Count your blessings. Diwali	13 Perform at least 3 random acts of kindness World Kindness Day	14 Buy candy for a friend	15 Connect with your friends in real life. Meet for a cup of coffee, movie, or walk.	16 Give a genuine compliment to the person waiting in line next to you	17 Support a small business	18 Take a few minutes to hug a loved one today
19 Take a day trip to a place that will brighten your day	20 Spend today saying and thinking only nice things about everyone you encounter.	21 Get to know someone new	22 Send an "I'm thankful for you because..." card	23 Share a family recipe, Invite someone over for dessert, or bring a meal to someone who has to work today. Thanksgiving Day	24 Clean out your closet and make a donation pile	25 Think of how you can use your unique talents to make a positive difference.
26 Send cheerful texts to people you know	27 Tell someone they dropped a dollar (even though they didn't). Then give them a dollar	28 Donate to your favorite charity	29 Be welcoming to a new neighbor, classmate, or co-worker.	30 Start a gratitude journal with all the things you are thankful for	1	2

"No act of kindness, no matter how small, is ever wasted."

—Aesop