

Kind Calendar

M

Leave a positive review online

Text a positive affirmation to someone

Pay someone an ice cream

Deliver a surprise gift

Give a friend their favorite candy

TU

Do something for yourself

Cook a meal for someone

Send a gratitude email

Offer to complete a chore for someone

Bake a treat for someone else

W

Treat yourself to your favorite meal

Compliment someone

Deliver flowers to someone suffering

Make someone laugh

Let someone in line at the grocery store

TH

Pick up litter in a public place

Say "I love you" more

Donate to a charity

Pay for a stranger's meal

Check in with someone

F

Give a generous tip

Hold the door for someone

Send a nice text to someone you haven't heard of for a while

Fulfil a promise you have made

Listen to your favorite music

S

Write a letter of thanks for someone

Call someone you miss

Donate clothing or used goods

Say something nice to a passer-by

Make a blood donation

S

Leave spare change in the vending machine

Spend quality time with your family

Reflect on the positives in your life

Share a nice photo with a relative

Make someone smile