

# ♥♥ 30 Days of Acts of Kindness ♥♥

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|--|--|---|---|---|
| 1<br>SMILE AT EVERYONE YOU PASS                | Hold the door for someone<br>2                       | 3<br>Set up a free lemonade stand           | 4<br>Help a sibling pick up their toys          | Feed the Birds<br>5   |
| 6<br>Help a sibling pick up their toys         | 7<br>SHARPEN A PENCIL FOR A FRIEND                   | Thank a fire fighter or police officer<br>8 | 9<br>Leave a note in a library book             | 10<br>Do something special for Mom or Dad                         |
| Draw a rainbow and hang it in the window<br>11 | 12<br>Say "Good Morning" to the first person you see | 13<br>Slip a kind note to a friend          | LET SOMEONE CUT YOU IN LINE<br>14               | 15<br>Offer to carry the groceries                                |
| 16<br>DO A CHORE FOR A FAMILY MEMBER           | Donate books to the library<br>17                    | 18<br>Write someone a letter                | 19<br>Pick up trash at the playground           | Leave a quarter in a gumball machine<br>20                        |
| 21<br>Donate toys to a child in need           | 22<br>Paint a kindness rock                          | SET THE DINNER TABLE<br>23                  | 24<br>HAVE A SCREEN FREE DAY TO FOCUS ON OTHERS | 25<br>Make a card for a teacher                                   |
| Take a neighbor's dog for a walk<br>26         | 27<br>GIVE A COMPLIMENT TO A FRIEND                  | 28<br>Invite someone new to play            | Leave a penny heads up on the sidewalk<br>29    | 30<br>Start a Kindness Jar to record your future acts of kindness |