

# Kindness Calendar

## 30 days of family acts of kindness

Thank you for downloading the Kindness Calendar!

Here are the links with ideas to inspire you to create a kindness calendar for your family:

- [10 lovely activities that will teach young kids about being kind](#)
- [my Pinterest board with many ideas about how to teach kids to be kind.](#)

### How to use this kindness calendar:

This file includes 2 filled-in calendars and 2 templates: one for daily acts of kindness and one for acts of kindness that are scheduled every 3 days.

- **Template 1: Daily acts of kindness**

If you want to use the daily calendar, pick an activity for every day and write it down in your kindness calendar. Then check each of them as soon as you put them into practice.

*(the days marked with “Your idea” on the filled-in calendar are days when you invite the child to come up with his own idea of an act of kindness you could do together)*

- **Template 2: An act of kindness every 3 days**

If you are planning more time-consuming activities or you already have a busy schedule, you can plan an act of kindness every 3 days. This gives you more flexibility and it also allows you to plan some meaningful activities for your family.

**I hope that you'll enjoy this calendar and that it will bring you many opportunities to teach your kids about being kind!**

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*This printable file is part of the [Playful Notes resource library](#).*

*The clip arts are created by [edu-clips.com](#).*



Day 1 <b>Donate old toys or clothes</b>	Day 2 <b>Help someone do a chore</b>	Day 3 <b>Your idea</b>	Day 4 <b>Prepare a craft as a gift to show someone gratitude or support</b>	Day 5 <b>Call a relative or a friend to say "hello"</b>
Day 6 <b>Give a compliment to someone</b>	Day 7 <b>Feed the birds (or other little animals)</b>	Day 8 <b>Leave a happy note for someone to find</b>	Day 9 <b>Your idea</b>	Day 10 <b>Mail a postcard (and some drawings) to a friend or relative</b>
Day 11 <b>Your idea</b>	Day 12 <b>Donate food to the local food pantry</b>	Day 13 <b>Create Friendship High Fives for friends</b>	Day 14 <b>Leave a nice note in a library book for another child to find</b>	Day 15 <b>Make your friends laugh today</b>

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Day 16 <b>Prepare a nice and tasty food basket for the local fire department</b>	Day 17 <b>Share your favorite toys with the kids in the park</b>	Day 18 <b>Your idea</b>	Day 19 <b>Bring flowers (or a thank you card) to the teacher</b>	Day 20 <b>Prepare a homemade gift for a friend</b>
Day 21 <b>Your idea</b>	Day 22 <b>Bake cookies for someone</b>	Day 23 <b>Do something helpful for a family member</b>	Day 24 <b>Draw something nice for a friend</b>	Day 25 <b>Write kind words on rocks and leave them in the park</b>
Day 26 <b>Donate books to the library</b>	Day 27 <b>Your idea</b>	Day 28 <b>Play with someone who needs a friend</b>	Day 29 <b>Do a secret act of kindness for someone</b>	Day 30 <b>Buy flowers for someone you love</b>





Day 1	Day 2	Day 3	Day 4	Day 5
<b>Donate old toys or clothes</b>			<b>Prepare a craft as a gift to show someone gratitude or support</b>	
Day 6	Day 7	Day 8	Day 9	Day 10
	<b>Feed the birds (or other little animals)</b>			
Day 11	Day 12	Day 13	Day 14	Day 15
<b>Mail a postcard (+ some drawings) to a friend or relative</b>		<b>Create Friendship High Fives for a friend</b>		

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Day 16	Day 17	Day 18	Day 19	Day 20
<b>Prepare a nice and tasty food basket for the local fire department</b>			<b>Bring flowers (or a thank you card) to the teacher</b>	
Day 21	Day 22	Day 23	Day 24	Day 25
	<b>Bake cookies for someone</b>			
Day 26	Day 27	Day 28	Day 29	Day 30
<b>Write kind words on rocks and leave them in the park</b>		<b>Play with someone who needs a friend</b>		





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