

31 PURPOSEFUL ACTS OF KINDNESS FOR DECEMBER

- 1 **Call a relative** to say you are thinking of them and ask about their day.
- 2 **Help a family member** with a household chore.
- 3 Write down three people you are **grateful** for and why, then tell them.
- 4 Give a **compliment** to five different people in one day.
- 5 **Tell your teacher** why they do a great job.
- 6 Create **Kindness Rocks** and place them around your neighborhood.
- 7 Pick flowers or make tissue paper flowers and give them to **someone you love**.
- 8 **Help a neighbor** with an errand.
- 9 Find a funny joke or think of something that makes you laugh, then **share it with three other people** in person, on the phone, or in a video chat.
- 10 **Donate items** to a clothing, canned food, or toy drive (or to another charitable cause of your choice).

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- 11 Leave a treat or a **thank you note** for delivery drivers.
 - 12 Tell a family member **you love them**.
 - 13 Write encouraging **sidewalk chalk messages** for your community to enjoy.
 - 14 **Make holiday cards** and mail them to a local nursing home.
 - 15 **Share something you care about** with someone you love.
 - 16 **Pick up litter** in your neighborhood.
 - 17 Leave a nice note **complimenting someone's holiday decorations**.
 - 18 Look at yourself in the mirror and **tell yourself three things** you like about YOU.
 - 19 Make a point of **smiling at everyone** you see today.
 - 20 **Create a piece of art** and share it with someone you love.
 - 21 Call your grandparents (or an older relative) and ask them about their **favorite childhood memories**.
 - 22 **Plant** something.
 - 23 **Brighten your family's day** with a story, song, dance, poem, or other forms of entertainment.
 - 24 Tell a friend or family member **why they are special to you**.
 - 25 Give someone a **special handmade gift**.
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- 26 Learn something new today, then share it with a friend or family member.
- 27 Give a thank you note to someone who probably doesn't hear "thank you" often enough.
- 28 Notice five beautiful things, then tell someone about them.
- 29 Call a friend you haven't seen in a while to say hello.
- 30 Write kindness notes and leave them in library books or other places where people will find them.
- 31 Make treats or thank you cards to give to your local fire or police station.

In a world
WHERE YOU CAN be anything.
be Kind.