



Kindness Calendar



Give Each
Family
Member A
Big Hug

Make
Your
Parents
Bed



Write a
Thank You
Note to your
Mail Carrier

Write a
Song
About
Your Family



Lead the
Family in a
Dance or
Fitness Lesson

Bake a
Yummy
Treat for
the Family



Empty
the
Dishwasher
+ Reload

Decorate Your
Windows for
Passers by
to Enjoy

Draw a
Portrait of
Each Family
Member

Style Your
Family's
Clothes
and/or Hair



Put
Chocolates On
Your Family's
Pillows

Set +
Clear
the Dinner
Table



Write + Send
a Letter to
Local Nurses
+ Doctors

Pick
Flowers
for your
Parents



Make a Guess
Who Game
with ?'s About
Each Person

Give
Your
Sibling a
Compliment



Empty
All of the
Garbages
in the House

Call a Loved
One + Tell
Them You
Miss Them

Plan an at
Home Spa
Day With
Your Family

Guide the
Family
on a Walk
or Bike Ride



Write + Hide
Inspiring Notes
All Over the
House

Make
Breakfast
for Your
Family



Write a Thank
You Note to
Your Trash
Collector

Create a
Family
Cheer +
Teach It



Plan a
Scavenger
Hunt for the
Family

Make
Your
Sibling a
Snack



Assist with
the Laundry...
Fold + Help
Put It Away

Draw a Picture
+ Send to a
Local Nursing
Home

Create a
Game the
Whole Family
Can Play

Find a
Recipe
+ Cook it
Together



CHOOSE *Kindness*

GAALS
+
PAALS