

1

TUE · DEC 1
Kindness

Make a list of people
you want to thank this
December

2

WED · DEC 2
Kindness

Write a thank-you note
to your teacher

3

THU · DEC 3
Kindness

Leave a thank-you note
for the mail carrier

4

FRI · DEC 4
Kindness

Give everyone at dinner
a compliment

5

SAT · DEC 5
Kindness

Sort out toys in good
condition to donate

6

SUN · DEC 6
Kindness

Bake or decorate
cookies for a neighbor

7

MON · DEC 7
Kindness

Call or video-chat a
grandparent

8

TUE · DEC 8
Kindness

Do a chore for a
brother, sister or parent
without being asked

9

WED · DEC 9
Kindness

Draw pictures for a care
home (ask them first)

10

THU · DEC 10
Kindness

Pick up litter on a walk,
with gloves and an
adult

11

FRI · DEC 11
Kindness

Make a bird feeder for
winter birds

12

SAT · DEC 12
Kindness

Choose food for a food
bank donation box

13

SUN · DEC 13
Kindness

Make a card for someone who lives alone

14

MON · DEC 14
Kindness

Let someone else pick the movie or game tonight

15

TUE · DEC 15
Kindness

Leave a thank-you note for the trash collectors or the school custodian

16

WED · DEC 16
Kindness

Tell each family member three things you like about them

17

THU · DEC 17
Kindness

Make a small handmade gift for a friend

18

FRI · DEC 18
Kindness

Help cook dinner and set the table

19

SAT · DEC 19
Kindness

Help a neighbor rake leaves or clear snow, with an adult

20

SUN · DEC 20
Kindness

Donate warm clothes that no longer fit

21

MON · DEC 21
Kindness

Hide kind sticky notes around the house

22

TUE · DEC 22
Kindness

Read a story to a younger child

23

WED · DEC 23
Kindness

Make a thank-you card for a doctor, nurse or fire station

24

THU · DEC 24
Kindness

Share your favorite memory of the year, with a hug

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