

Kindness Calendar

Use this Kindness Calendar with your family to complete one random act of kindness each day in November.

Here are a few ideas to get started:

- Volunteer at a food pantry, animal shelter or local service organization.
- Hold doors open for people.
- Send a thank-you note to someone who did something kind.
- Smile at everyone you see.
- Offer to help a friend with their homework.



NOVEMBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Share your activities with us, and any new ideas you have, by using [#OnOurSleeves](#) on social media.

ON OUR SLEEVES®

The Movement for Children's Mental Health



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www.OnOurSleeves.org