KINDNESS CALENDAR

1 Smile and say "Hello!" to a neighbour, cleaner or hawker. A friendly face brightens up a shared space!	2 When you're at the playground, pick up 3 pieces of litter and bin them. 	3 Lower your volume when you take public transport.	4 Hold the lift door open for someone carrying groceries or offer to return a trolley to the supermarket.	5 Be a book fairy! Donate a pre-loved book to a Little Library in your neighbourhood or a Book Exchange Corner at selected public libraries.	6 Water the plants. If a neighbour's plant looks like it's drying up, ask them if you could help to water it.	7 What is a kind act you can do to cheer someone up today?
8 Write a short story or poem about an act of kindness and share it.	9 Share a treat or snack with a friend.	10 Write a cheerful note and leave it for a neighbour or a family member. 	11 Write a thank-you note to your teacher or coach.	12 Keep nature clean and leave nothing but footprints. 	13 Reuse something creatively instead of throwing it away.	14 Invent your own act of kindness! What will it be and who is it for?
15 Give a family member a big hug and say something nice. 	16 Say "please" when asking for something.	17 Make someone laugh today. 	18 Rinse and recycle your used bottles and cans. 	19 Take screen breaks and go outside for some fresh air.	20 Greet the bus captain with "Hello!" or "Thank you!".	21 Choose any act of kindness you want to do today! What is it?
22 Do something new! Learn a skill, bake, draw or read a new book. 	23 Check in on a friend you haven't seen in a while.	24 Switch off lights and devices when not in use.	25 Take some quiet time to reflect on your day.	26 Say something kind to yourself! 	27 Stay on pathways to protect nature and the homes of little creatures.	28 What would be a kind act that you can do today?
29 Show respect for nature by enjoying flowers and leaves without picking them.	30 Help without being asked.	31 Say "I'm sorry" or "It's okay" and mean it. 				

Each box in the calendar suggests a kind act you can do for yourself, others and the environment. If you did not have the opportunity to show kindness on that date, it's all right! Kind acts don't need to happen on a certain date or time. An act of kindness can happen at any time and make a difference!

