

Kindness Calendar July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>We make a living by what we get, but we make a life by what we give.</i> <i>-Winston Churchill</i>			1	2	3	4
			Help someone with their groceries or bags.	Take a moment to thank someone who is always there for you	Plan an entire day when you don't complain or criticize anyone	Be the first one to comment on or like her status or photo.
5	6	7	8	9	10	11
On trash day, wheel your neighbor's can out to the curb.	Send a card to someone in the military overseas.	Offer to help an elderly neighbor with their household chores.	Walk instead of driving and absorb the wonders around you	Support a local small business whenever possible	Sit next to someone sitting alone at an event or meeting	Take a cart in with you from the parking lot
12	13	14	15	16	17	18
Call an elderly neighbor or relative just to check in	Hold the door open.	Organize a virtual zoom gathering with friends or family	Treat yourself to something nice... you deserve it!	Don't interrupt when someone is explaining themselves.	Share positive and uplifting stories on social media	Give a gift of housekeeping service to a new parent
19	20	21	22	23	24	25
Offer to babysit for a busy mom so she can run errands alone	Give up your seat to someone who needs it more.	Ask someone how their day was, and listen attentively	Buy a meal for a homeless person.	Give a homeless person your doggie bag.	Wave back to children who wave at you.	Share inspiring quotes and stories online
26	27	28	29	30	31	
Write an inspirational note to someone who needs inspiration.	Pick up a piece of trash and throw it away, just because	Let a fellow driver merge into your lane.	Share your umbrella.	Help that mom trying to get her stroller through the door	See the positives in a tough situation	