

Kindness Calendar March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Smile at a stranger	Ask others - sincerely - what you can do to help.	Hold the elevator.	Let someone out into a line of traffic	Send dessert to someone's table.	Tweet a few of those compliments out.	Give a lottery ticket to a stranger.
8	9	10	11	12	13	14
Give a stranger a sincere compliment	Say "please" and "thank you" - and really mean it.	Collect books to give to a school, nursing home, or shelter	Say hello!	Share your umbrella.	Offer to run an errand for a busy friend	Read a book on something new to gain new perspective
15	16	17	18	19	20	21
Hug often.	Offer to help tutor a student who is struggling	Drop off a toy or game at a homeless shelter.	Leave a book you have finished somewhere for someone to find	Offer to babysit for a single Mom or Dad	Be the one to shift the negative conversation.	Take coloring books and crayons to a hospital pediatric unit
22	23	24	25	26	27	28
Invite a friend you haven't seen in a while to coffee or lunch	Take a minute to offer directions to someone who is lost	Smile and wave back to children who wave at you.	Buy a book a friend will like and give it to them	See the positives in a tough situation	Give away a gift card that you don't plan to use	Ask someone to share a recipe of theirs that you love
29	30	31	<p><i>Small acts, when multiplied by millions of people, can transform the world.</i></p>			
Buy a meal for a homeless person.	Smile and say "Thank You" often	Be appreciative and gracious when receiving a compliment				