

# Kindness Calendar September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Bring donuts, cookies, or other tasty treats to share at work	Plan an entire day when you don't complain or criticize anyone	Offer to help an elderly neighbor with their household chores.	Offer to babysit for a busy mom so she can run errands alone	Take coloring books and crayons to a hospital pediatric unit
6	7	8	9	10	11	12
Start a neighborhood group to share a hobby with others	Take a moment to thank someone who is always there for you	Drop off combs, toothbrushes, and toothpaste at a shelter.	Be the first one to comment on or like her status or photo.	Leave a book you have finished somewhere for someone to find	Invite a friend you haven't seen in a while to coffee or lunch	At the post office, leave extra stamps at the stamp machine.
13	14	15	16	17	18	19
Simply say "I'm sorry" when you're wrong.	Offer to babysit for a single mom.	Bring a treat to work to share with your coworkers.	Volunteer to read to kids at an after school program.	Pay for someone's groceries.	Buy a book a friend will like and give it to them	See the positives in a tough situation
20	21	22	23	24	25	26
Put something you no longer need on craigslist.org for free.	Organize a virtual zoom gathering with friends or family	Buy a magazine subscription and send it to a nursing home	Give away a gift card that you don't plan to use	Call an elderly neighbor or relative just to check in	Put away your phone.	Send dessert over to another table at a restaurant.
27	28	29	30	<p><i>Great opportunities to help others seldom come, but small ones surround us every day.</i></p>		
On trash day, wheel your neighbor's can out to the curb.	Say hello!	Compliment a job well done or a kindness	Give a lottery ticket to a stranger.			