



# November Acts Of Kindness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Be Kind To Yourself	2 Give Someone You Know A Hug	3 Free Time	4 Speak To Someone You Are Not Friends With	5 Free Time	6 Be Nice To Your Family
7 You Pick A Task	8 Tell Someone That You Love Them	9 Free Time	10 Help To Tidy Up	11 Help With The Shopping	12 Say Thank-You To Someone	13  National Kindness Day
14 Check on someone that you have not seen in awhile	15 Say Good Morning To Someone	16 Sit Next To Someone that you are not friends with	17 Free Time	18 Include Someone Into An Activity	19 You Pick A Task	20 Free Time
21 Help around the house or School	22 Phone a friend or relative to ask how they are	23 Be Kind To Yourself	24 Free Time	25 Let Someone Know You Care	26 Free Time	27 You Pick A Task
28 Tell Someone Why You Are Grateful For Them	29 Always Try To Be Kind	30 Be Kind To Yourself	 <b>TRY TO BE A RAINBOW IN SOMEONE ELSE'S CLOUD</b>			

--	--	--	--