



# November Acts Of Kindness

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

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