

SEPTEMBER 2020

#Kindness4Kaleb42



SUN

MON

TUE

WED

THU

FRI

SAT

		Tell a teacher why you appreciate them	Write a note to thank your mail person (leave in mailbox)	Let someone ahead of you in line	Ask for someone else to teach you about their hobby	Do the dishes
Reach out to a friend to let them know you're here to support them	Offer to help make a meal	Clean your room without being asked	Grab a trash bag and pick up litter in your neighborhood	Tell someone a nice memory you have with them	Learn a cheesy joke and tell 4 people x 2	Call someone you haven't spoken to in awhile
Make someone a colorful card. Celebrating what you love about them	Do something that brings you joy	Unplug from social media for 42 minutes	Forgive someone who hurt you	Forgive yourself for something you've done in the past	Check in with a friend who's struggling or you think is struggling	Set a timer, meditate for 42 seconds at different times throughout the day
Post your favorite affirmation where you can see/read it	Make a new friend: reach out to a peer you don't know	Do 42 jumping jacks	Make a meal/snack for a family member	Tell someone your favorite thing about them	Find opportunities to give compliments to others throughout the day	Leave positive comments in response to negative posts/comments
Speak only positivity: go an entire day without complaining and insulting someone/something	Leave positive notes for people to find (ie sidewalk chalk, post-its, painted rocks, mailboxes, etc.)	Dance it out! For 42 seconds dance like no one is watching to your favorite song	Write down 10 things you're grateful for	<p>SHARE YOUR DAILY ACTS OF KINDNESS</p> <p>#Kindness4Kaleb42</p>		

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Love each other,
too many people
hate complete
strangers and this
world needs love.

Kaleb #42
#Kindness4Kaleb42



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The only thing you owe another person is compassion.

Kaleb #42
#Kindness4Kaleb42

OCTOBER 2020

#Kindness4Kaleb42

SUN	MON	TUE	WED	THU	FRI	SAT
				Tell someone why you're thankful for them	Watch sunrise and/or sunset - enjoy it's beauty	Learn a new sport, game or craft
Dedicate a celebration post for someone who needs it	Check in/on your most positive friend	Give a social media shout out to someone who inspires you	Cut out hearts and put #Kindness4Kaleb42 on them and leave for others to find	Spend the day SMILING	Be outside and active for 42 minutes	Learn about and participate in what brings someone joy
Give a cold drink to someone working outdoors	Step up for someone in need					

SHARE YOUR DAILY ACTS OF KINDNESS

#Kindness4Kaleb42

