

January Acts of Kindness Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Wish everyone a Happy New Year	2 Collect spare change and leave in a donation box	3 Let someone go ahead of you in line	4 Bring a big batch of spaghetti to the local fire department	5 Make or refill a bird feeder
6 Send a snail mail letter to someone	7 Donate blood at the Red Cross	8 Shovel snow for a neighbor	9 Bring hot tea to an outdoor worker	10 Donate a low maintenance house plant to a nursing home	11 Leave positive feedback on a survey at a store	12 Eat lunch with someone new
13 Give a loved one a back rub	14 Leave unused coupons next to products at the store	15 Donate oatmeal to a food pantry	16 Say "Good Morning" to everyone at the start of the day	17 Smile at 5 strangers	18 Give up your parking spot or seat	19 Tape a bag of microwave popcorn to a Redbox machine
20 Donate craft supplies to a school	21 Hug someone	22 Use one of your skills to make a gift for someone	23 Deliver a pie to the office staff of your favorite organization	24 Compliment someone	25 Invite someone to dinner	26 Leave positive post-it notes in a random places
27 Play a game with someone, let them choose the game	28 Bring soup to a friend or neighbor	29 Donate old puzzles to a school or Puzzles to Remember	30 Clean up for someone else	31 Deliver hand drawn cards to a nursing home or hospital		