



November Acts Of Kindness

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

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