

NOVEMBER 2023

Daily acts of kindness

Here are suggestions of ways to be kind to yourself and others throughout the month.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Tell a joke to someone who could use a laugh.	2 Say you're sorry for something you did – and mean it.	3 Pick up trash you pass outside.	4 Skip to somewhere you're going.
5 Make a point to treat others with respect.	6 Say 3 things you're grateful for.	7 Do something you enjoy just for you. 	8 Help a friend with something they need.	9 Learn something new about something new to you.	10 Invite a new person to join you. 	11 Spend time with someone you miss.
12 Tell someone why you are proud of them.	13 Say hi to your neighbor.	14 Dance just because.	15 Send a funny video to someone special.	16 Give up your seat for a stranger.	17 Take responsibility for your own actions.	18 Send a thank-you note. 
19 Limit your screen time.	20 Stretch your body. 	21 Say thank you.	22 Write down 3 things you like about yourself.	23 Drink water from a reusable bottle.	24 Let someone go ahead of you in line.	25 Video chat with a loved one.
26  Talk less and listen more.	27 Applaud someone for a job well done.	28 Tell someone they're right.	29 Do your chores without complaining.	30 Volunteer your time. 		

