

# 30 DAYS OF KINDNESS

**Step 1:** Print out this calendar and place on your refrigerator or child's bathroom mirror for daily visual reminders.

**Step 2:** Talk to your child about something they would like to work towards in motivating them to spread kindness for 30 days.

**Step 3:** Encourage them to complete each daily challenge.

**Step 4:** After completing the monthly kindness challenge, scan the QR code to print out their certificate of completion and have a "kindness award" ceremony.

**Step 5:** Continue to practice some of the kindness habits.

1 Write a thank you note	2 Give out 5 compliments	3 Help make lunch	4 Go on a walk with a trusted adult & wave to at least 3 people	5 Thank someone for being them
6 Smile at as many people as you can	7 Hold the door open for someone	8 Tell a family member 3 things you love about them	9 Call or FaceTime a relative you haven't spoken to in a while	10 Pick up trash around your school or neighborhood
11 Read a story to a younger relative or family member	12 Think about what makes you special	13 Write a family member a nice note	14 Write or draw a picture of your favorite thing to do with your family	15 Give yourself a compliment
16 Help your parents with the laundry	17 Thank the person that made you a meal	18 Write a gratitude list	19 Do a favor without expecting anything in return	20 Let someone go in front of you while you're in line
21 Help a friend	22 Make your bed & help serve breakfast	23 Offer to help a relative or neighbor with chores they need done	24 Tell a teacher or parent 3 things you like about them	25 Write an encouragement note to someone
26 Help clean the kitchen	27 Leave a kind note for the mailman	28 Make someone laugh	29 Take treats to a fire station or neighbor	30 Donate cards to Cultivate Goodness for seniors



More ways to serve at:  
cultivate-goodness.org



Congratulations!  
Scan the QR code to receive your certificate

