



September 2021

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"A part of kindness consists in loving people more than they deserve." -Joseph Joubert

- 1 Pick the same time each day to practice your kindness skills to help make them become a habit.
- 2 Remember that it is not always easy to be kind. Kindness can take great courage.
- 3 Smile at someone you don't know. If you're wearing a face covering, smile with your eyes!
- 4 Send an email to a former co-worker to check in on how they're doing.
- 5 Enjoy a slice from a local restaurant on National Cheese Pizza Day!
- 6 For Labor Day, drop off some Kind Notes at a local organization or workplace.
- 7 Celebrate International Day of Clean Air by walking, riding your bike, or taking the bus.
- 8 Volunteer at a local non-profit organization. Ben's Bells has lots of opportunities!
- 9 Think of one way you can use less water in your home.
- 10 Reach out to someone you haven't talked to in a while who could use support.
- 11 Write down three qualities that make you a kind person.
- 12 Create a video for a loved one sharing how much they mean to you.
- 13 Listen to music from a country you know little about.
- 14 Create or draw a Be Kind picture to hang in your workspace.
- 15 Take your lunch outside today and have a picnic.
- 16 Create a spot in your neighborhood for people to leave tokens of kindness or kind messages.
- 17 Thank a teacher you know for their hard work and dedication.
- 18 Enjoy the health and mood benefits of music and rock out to your favorite tunes today!
- 19 Return your cart to the bay the next time you go grocery shopping.
- 20 Practice listening closely when people share their feelings with you instead of reacting immediately.
- 21 Consider supporting a local bookstore for your next purchase of books or gifts.
- 22 Hide encouraging notes on someone's desk or in their lunchbox.
- 23 Remember to hydrate! Consider investing in a reusable water bottle.
- 24 Pack an extra snack in your car to share with someone who may need it.
- 25 Share with a friend something kind you have done this week.
- 26 What is one goal you could begin working towards by taking a few small steps today?
- 27 Visit an outdoor garden or attraction in your city.
- 28 On National Neighbor Day leave a Kind Note on your neighbor's front door.
- 29 Write down three things you learned from the last difficult situation you faced.
- 30 Practice gratitude toward customer service workers.