



December 2021

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26	27	28	29	30	31	

"Kindness is the golden chain
by which society is bound together."
—Johann Wolfgang von Goethe

- 1 Practice gratitude toward yourself. Thank yourself for all the ways you practiced kindness this year.
- 2 Learn about a holiday celebrated in another country.
- 3 Consider collecting needed items like toiletries or diapers from friends, family, or coworkers to donate to a local cause.
- 4 Talk to a child about what kindness means to them.
- 5 Think of one new way to include kindness in your daily routine.
- 6 On the last night of Hanukkah, bring light into someone's life by dropping off homemade goodies.
- 7 Collect or purchase a few used books to drop off at a local school.
- 8 Be kind to your neighborhood and pick up after your pet, or remove trash that you see.
- 9 Leave a Kind Note on a neighbor's porch or door.
- 10 Make it your goal to compliment one person today.
- 11 Who is someone you admire in your community for their kindness? Nominate them to be honored with a Ben's Bell!
- 12 Find an opportunity to volunteer as a family or group in your community.
- 13 Hold the door open for someone today.
- 14 Ask someone you admire for advice.
- 15 Think of one thing you learned from a challenge faced this year.
- 16 Consider offering someone a donation to the organization of their choice rather than a physical gift.
- 17 Make someone smile and show up in style on National Ugly Sweater day.
- 18 Donate canned food to a local food pantry.
- 19 Think of one way to reduce waste from gift wrap.
- 20 Write down five qualities you admire about someone and share the list with them.
- 21 Check in with someone who may be alone during the holiday season.
- 22 Share about a local non-profit that's meaningful to you on social media.
- 23 Celebrate your community by visiting one piece of public art and sharing a photo.
- 24 Write kind words in chalk on your sidewalk or a public space.
- 25 Speak to children about the importance of making memories beyond opening presents on Christmas Day.
- 26 On the first day of Kwanzaa, celebrate unity in your community by helping others.
- 27 Donate food or blankets to a local animal shelter.
- 28 Look through your contact list and reach out to someone you haven't recently. It's National Call a Friend Day.
- 29 Clean out a closet in your house and donate items to a local shelter.
- 30 Reflect on your kindness practice this year and what you have learned.
- 31 Ring in the New Year with a resolution that focuses on practicing kindness.