

# AUGUST 2022 Kindness Calendar

1. Write down three kindness goals you have for the month.
2. Write a Kind Note to a teacher or educator that you know, or drop some off at a local school.
3. Share a funny video with friends or coworkers.
4. Reflect on a time when it was difficult to be kind. How did you use your kindness skills in this situation?
5. Practice self-kindness by enjoying a treat today!
6. Consider biking to work/school, or carpooling with a friend.
7. Kindness is a skill that takes practice. What small step can you take each day towards your goals?
8. Go on a walk or hike with someone special.
9. Share a book at a local 'Little Free Library' on National Book Lover's Day.
10. Reach out with some kind words to someone who may be feeling lonely or disconnected.
11. Remember that it's OK to start small with new goals/projects. Getting started can be the hardest step!
12. Tell a family member something you appreciate about them.
13. Call someone you haven't spoken to in a while.
14. Let someone merge in front of you in traffic.
15. Write down three acts of kindness you've witnessed from others recently and reflect on how that made you feel.
16. Laughter is good for our health! Ask a friend to share their favorite joke.
17. It's National Thrift Shop Day! Support a local business while buying fewer new things.
18. Don't hesitate to take breaks as needed throughout the day to pause, reflect, and reset.
19. Who is someone you admire in your community for their kindness?  
Nominate them to be honored with a Ben's Bell at [BensBells.org/Bellings](https://BensBells.org/Bellings)
20. Think of one way you could help to connect neighbors in your area.
21. Write down three things that make you a kind person.
22. Drop off a treat at your local Hospital, Firehouse or School on National Heroes' Day!
23. Remember to practice patience when you're feeling frustrated or stuck.
24. The next time you are buying a gift for someone, see if a local option is available.
25. Put on your favorite music and dance.
26. Learn how to say "hello" in three new languages.
27. Share your favorite local shop or product on social media.
28. Write a Kind Note to yourself.
29. What is one regular purchase you can replace with an option that comes in less packaging?
30. Revisit your kindness goals. What would be beneficial to carry over to next month?
31. Find some shade and invite a friend to eat lunch outside.