

# SEPTEMBER 2022 Kindness Calendar

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 mask, smile with your eyes!
4. Send an email to a former co-worker to check in on how they're doing.
5. For Labor Day, drop off some Kind Notes at a local organization or workplace.
6. Create a baggie receptacle for cleaning up after pets in your neighborhood.
7. Celebrate International Day of Clean Air by walking, riding your bike, or taking the bus.
8. Volunteer at a local non-profit organization like Ben's Bells at [www.BensBells.org/Volunteer](http://www.BensBells.org/Volunteer)
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. On Grandparent's Day, write down three qualities that makes them a kind grandparent.
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. Imagine the ripple effect of one act of kindness.
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.