

OCTOBER 2022 Kindness Calendar

1. Say “hello” or smile at any neighbors you see today.
2. Text three friends to remind them you value their friendship.
3. Donate a kindness-themed book to a local school.
4. Find three items that you no longer use and donate them.
5. Leave anonymous notes of encouragement around your school or workplace.
6. Replace a car trip with a walk or bike ride, if available to you.
7. Choose healthy options for your snacks today.
8. Give a stranger a compliment.
9. Relax by watching your favorite show or listening to your favorite music.
10. Honor Indigenous Peoples’ Day by learning more about the original inhabitants of your area.
11. Stop and acknowledge strong emotions before acting out on them.
12. Think of one or two ways you could begin to work towards a long-term goal.
13. Don’t hesitate to kindly say “no” when you need to.
14. Treat yourself to takeout from a local restaurant.
15. When you become frustrated, practice taking three deep breaths.
16. Leave a Kind Note on someone’s car.
17. On National Boss’s Day, tell your boss something you value about them.
18. When something doesn’t go as planned, consider what lessons you can take away.
19. Invite someone new to have a coffee or go for a walk.
20. Try out a dish that you haven’t tried before.
21. Pick up some Kindness Coins and share them throughout the month.
22. Return an extra shopping cart at the grocery store.
23. Write a Kind Note and leave it in your library book when you return it.
24. Try something that scares you.
25. Turn devices off an hour before bed so that you get better sleep.
26. Take ten seconds to stop and savor the positive moments in your day.
27. Add a positive comment to someone’s social media post.
28. Write down three ways you could help to make your neighborhood a more kind place.
29. Ask a friend how you can help them the following month.
30. Pick up a few pieces of litter in your neighborhood.
31. Happy Halloween! Consider having treats or toys that include all types of trick-or-treaters.