

NOVEMBER 2022 Kindness Calendar

1. Remember that kindness, like any skill, takes practice.
2. During Dia de Los Muertos, take a moment to remember a loved one who has died and appreciate what they brought to your life.
3. Remember that you do not need to do something quickly in order to do it well.
4. The next time you order takeout food, ask that no plastic cutlery be included.
5. What does a kind household look like? Think of three new ways you can practice kindness at home.
6. Take ten seconds to stop and savor the positive moments in your day.
7. Put on some music you loved years ago and enjoy the memories.
8. Indulge in a favorite treat and share with a friend.
9. Use your spare change to fill a meter for someone's car.
10. Acknowledge the thoughts in your head and the sensations in your body the next time you're feeling stressed.
11. On Veterans Day, take time to thank a veteran in your life.
12. Send a card in the mail to someone special.
13. Spread the message on World Kindness Day and thank someone for their kindness on social media.
14. Set aside the time to enjoy the sunset today!
15. It's National Recycling Day! Save any mailers from deliveries this month and reuse them, or drop them off at a local business for reuse.
16. Write down three traits that you are proud of.
17. Enjoy the outdoors in whatever way you can today.
18. Put five Kind Notes in your bag or car so that you have them throughout the day when opportunity or inspiration arises. They can be written to friends or strangers!
19. Hold the door open for someone.
20. Tell a child in your life about why you prioritize practicing kindness.
21. Turn off your car instead of idling the next time you have a wait.
22. Opt for honest communication rather than saying what you think the other person wants to hear.
23. Give yourself permission to take breaks during the day to reset your focus and avoid stress.
24. Practice gratitude this Thanksgiving. Share three things you are grateful for with loved ones today, and ask them to do the same.
25. Honor Native American Heritage Day by learning more about the original inhabitants of your area.
26. Remember the important place that small businesses hold in your community and shop local on Small Business Saturday.
27. Prioritize rest when you need it.
28. Shop local on Cyber Monday and opt in to donate to your favorite cause when available.
29. On Giving Tuesday, consider making a donation to your favorite local non-profit.
30. Find three pieces of clothing to donate to a shelter.