

DECEMBER 2022 Kindness Calendar

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. Reflect on how your kindness practice has made you more resilient during challenges.
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 at BensBells.org/Belling
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. Make someone smile and show up in style on National Ugly Sweater day.
17. Consider offering someone a donation to the organization of their choice rather than a physical gift.
18. Thank those who bring light to your life on the first day of Hanukkah.
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 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 see if any friends or neighbors could use unneeded items.
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.