



MARCH KINDNESS CALENDAR

Kindness is all the ways – both big and small – we show care, concern, and thoughtfulness for ourselves and those with whom we share the world. Kindness is contagious and helping others can make us feel good too! During the month of March, let's carry out small acts of kindness. Here are some fun and helpful daily activities that you can do to make our world and community stronger.



SUN	MON	TUE	WED	THU	FRI	SAT
			1 Do a chore around the house without being asked.	2 Hold the door open for someone,	3 Tell someone why they're awesome.	4 Share this calendar. Inspire others to spread kindness.
5 Give someone a smile in the hallway.	6 Call a family member and ask how their day is going.	7 Say hello to someone new.	8 Give encouragement to a friend.	9 Write down 3 things that you like about yourself.	10 Be a good listener	11 Set the table without being asked.
12 Leave a happy note for someone else to find.	13 Write down 3 things for which you are thankful.	14 Make a card for someone who lives in a nursing home.	15 Offer to do a chore for someone.	16 Pick up any garbage you see at recess.	17 Clean your room without being asked.	18 Lend a book or toy to a friend.
19 Help someone before they ask.	20 Remember to say thank you.	21 Let your friend choose the activity when you play together.	22 Draw a picture for a loved one.	23 Tell your teacher you appreciate them.	24 Pick up your toys without being reminded.	25 Let someone go ahead of you in line.
26 Write a thank you note for your mail carrier.	27 Read a book to a sibling or friend.	28 Collect clothes that do not fit you and donate them,	29 Push in someone's chair.	30 Take a break from electronics. Give your family your full attention.	31 Tell a joke to make somebody laugh.	