

Acts of Kindness *this* December



S	M	T	W	T	F	S
30	1 Send a postcard to someone you haven't talked to in a while.	2 Donate 5 items you don't need.	3 Share some cookies with a neighbor or friend.	4 Surprise your partner or a family member with a small gift.	5 Send an inspiring message to a friend.	6 Offer to run an errand for a family member or close friend.
7 Volunteer for a couple of hours.	8 Donate some books.	9 Check in on friends you haven't talked to in a while.	10 Share a good recipe with a friend who loves cooking.	11 Write a thank-you email to someone who had a positive impact on your life.	12 Get coffee for a friend, co-worker, or someone in line behind you.	13 Help a family member decorate their house for the holidays.
14 Be kind to yourself and do at least one self-care activity today.	15 Send an encouraging message to a friend or family member.	16 Leave some treats for the delivery drivers.	17 Let someone go ahead of you in the line.	18 Take a friend out for coffee to catch up.	19 Bring snacks to work or any gathering you have today.	20 Treat yourself to a small gift today.
21 Donate any warm coats and blankets you don't need.	22 Give a sincere compliment to someone you're close to.	23 Help someone out with a project they have.	24 Be kind to yourself and do one relaxing activity today.	25 Take a family/friend photo and frame it later as gifts to people in the photo.	26 Cook brunch or treat someone to brunch today.	27 Share an inspirational quote or message with friends and family.
28 Tell someone how much you appreciate them.	29 Help a family member or someone close to you with chores.	30 Keep a positive attitude and only share positive things.	31 Be kind to yourself and celebrate going into 2026 the way you want to.	1	2	3

