

October 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
<p><i>"Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving</i></p>					<p>Make your favorite dessert and deliver it to a friend to enjoy.</p>	<p>Share your gifts or talent with others by volunteering for a few hours.</p>
3	4	5	6	7	8	9
<p>Write a love letter to your partner, friend or family member.</p>	<p>Surprise a neighbor by raking leaves or other yard work.</p>	<p>Create a "fall in a box" or "stay cozy" package to surprise someone.</p>	<p>Give a stranger a compliment.</p>	<p>Start each meal sharing something you are grateful for today.</p>	<p>Print a few lunch box notes and surprise a child.</p>	<p>Host a cozy soup dinner and game night with family or friends.</p>
10	11	12	13	14	15	16
<p>Throw a family/friend fall scavenger hunt party.</p>	<p>Let someone go in front of you in line.</p>	<p>Leave notes of encouragement on people's cars.</p>	<p>Pick up a shift to serve a meal at a local soup kitchen or shelter.</p>	<p>Buy flowers and hand them out to random people you pass.</p>	<p>Spread some encouragement online.</p>	<p>Grab a few friends and go to a farmers market.</p>
17	18	19	20	21	22	23
<p>Host a bonfire night with s'mores, hot cocoa and story telling.</p>	<p>Learn to say hello in different languages to different people.</p>	<p>Send a letter to a good friend instead of a text or email.</p>	<p>Take the time to listen to someone.</p>	<p>Take the day to not complain.</p>	<p>Post sticky notes with uplifting messages on the bathroom mirrors.</p>	<p>Assemble care kits for people without housing to hand out.</p>
24	25	26	27	28	29	30
<p>Pick up litter at a park or on the side of a road.</p>	<p>Slow down so someone can merge in front of you in traffic.</p>	<p>Say a kind word to a parent who's struggling with rambunctious kids</p>	<p>Leave a positive comment on a news article or blog post.</p>	<p>Bring treats to your local fire station.</p>	<p>Let someone else take that primo parking spot.</p>	<p>Build a "little free library" box in your yard to share books with your neighbors.</p>
31	1	<p><i>"Unexpected kindness is the most powerful, least costly, and most underrated agent of human change." – Bob Kerrey</i></p>				
<p>Be kind to yourself, it will give you the energy and strength to be kind to others!</p>						