



by Action for Children

ACTS OF KINDNESS CALENDAR

1 Smile at everyone you see today	2 Give someone a compliment	3 Let your friend choose an activity for you both	4 Make a donation box of old toys	5 Ask someone if they need help with anything	6 Make a card for a relative	7 Offer to do something around the house
8 Do a litter pick around your estate	9 Hold the door for someone	10 Make friends with someone new at nursery/school	11 Call a relative for a chat	12 Tidy your room	13 Do something nice for a sibling	14 Give a hug to someone (ask first)
15 Thank your nursery/school teacher	16 Go out and play with friends	17 Do a chore for someone without them knowing	18 Make some art for your local care home	19 Make someone laugh today	20 Help your parent make dinner	21 Make your bed.
22 Tell someone why they are special to you	23 Let someone go ahead of you in line	24 Set the table for dinner	25 Make a homemade gift for someone	26 Say good morning to someone	27 Feed the birds in your garden	28 Share your favourite toy with a sibling/friend
29 Think of something you are grateful for	30 Leave a happy note for someone to find	31 Plant a flower in your garden				