

Kindvember® 2023

Kindness In Action

Thank you for all you do each and every day! In the month of Kindvember, which some people refer to as November, we recommend that you use this calendar with some reminders about how you can scatter kindness.

1
Call or text a friend you haven't chatted with in a while.

2
Reach out and check on your neighbor.



3
Tell someone you're grateful for them.

4
Offer to run an errand for someone.

Random Acts of Kindness

5
Buy a cup of coffee for the next person in line.



6
Leave a positive note for your teammate.

7
Hold the door for someone.

8
Compliment a teammate.



9
Write a positive review for a local business.

10
Leave change in the vending machine.

11
Let somebody merge while in traffic.

Volunteer Kindness

12
Donate items to your local shelter.

13
Sign up for a volunteer event.

14
Make a donation to your favorite not-for-profit organization.

15
Offer a helping hand to a stranger.

16
Spend quality time with a loved one.

17
Pick up a piece of litter.

18
Share a social post about kindness that means the most to you and tag it: **#Kindvember**

Be Kind To Yourself

19
Read a good book.

20
Go for an autumn walk.



21
Watch your favorite movie.

22
Spend time in intentional relaxation.

23
Write down three things you are grateful for today.

24
Treat yourself to your favorite snack.



25
Take 30 minutes for yourself.

Craft Kindness

26
Cook a meal for a friend.

27
Make a handmade card for a friend.



28
Curate a playlist and send it to someone who needs a boost.

29
Put together a care package for a loved one.

30
Share your favorite kindness activity this month on social media using: **#Kindvember2023**

