

Kindvember® 2025

Start a journal.
List three things
you're grateful for
each day.

1

SPEAK Kindness

“Good words bring good
feelings to the heart.”
— Rod Williams

Write a positive
note to leave in a
random place.

2

Give someone a
compliment.

3

Tell a friend how
happy you are that
they exist and why.

4

Ask someone
about their day
and really listen.

5

Write down five
things you love
about yourself.

6

Tell someone
you're grateful
for them.

7

Leave a positive
review for your
favorite business.

8

SHARE Kindness

“We were together.
I forget the rest.”
— Walt Whitman

Go for a walk or
drive with a friend
or loved one.

9

Watch a movie or
binge a TV show
with your favorite
person or pet.

10

Spend time with
a Veteran and
thank them for
their service.

11

Have a game
night with friends
or family.

12

Share a meal
with friends
or loved ones.

13

Teach someone
a new skill and
practice it together.

14

Share a social post
about kindness that
means the most to
you: #Kindvember

15

GIFT Kindness

“For it is in giving
that we receive.”
— St. Francis of Assisi

Leave change
in a vending
machine.

16

Send an
uplifting playlist
to someone who
needs a boost.

17

Send a card with
a handwritten note
to someone.

18

Donate items
to a local shelter,
food pantry,
or organization.

19

Give a care package
of special treats
to a loved one.

20

Gift a plant or
flowers to brighten
someone's day.

21

Leave a basket
of balls at the
dog park.

22

ACT IN Kindness

“No act of kindness, no matter
how small, is ever wasted.”
— Aesop

Look for a volunteer
opportunity in your
community.

23

Treat yourself
to 30 minutes
of whatever you
need today.

24

Help someone
declutter a space or
cleanup their yard.

25

Offer to run
an errand or do
something helpful
for someone.

26

Be a good steward
and pick up a
piece of litter.

27

Be a courteous
driver and let
someone merge
while in traffic.

28

Hold the door open
for someone.

29

Reach out and
check on your
friends and
neighbors.

30

Small acts of kindness can have a big impact on those around you. It's good to be kind. This calendar includes **30 ideas** to inspire and challenge you throughout the month of November. We invite you to share these ideas, freely and often, as we **Scatter Kindness™**.

