

# KINDNESS CALENDAR



DECEMBER 28 – JANUARY 3

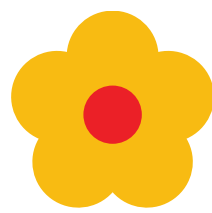
**MONDAY 28**

Donate unused items like warm clothing, technology and non-perishables



**TUESDAY 29**

Gift your neighbour a small, thoughtful treat like some flowers



**WEDNESDAY 30**

Call and catch up with loved one you haven't spoken to in a while



**THURSDAY 31**

Write a thank you card to someone you appreciate



**FRIDAY 01**

Offer to help someone out with errands like grocery shopping



**SATURDAY**

Stop for a quick smile and socially distanced chat with a stranger



**SUNDAY**

Give someone a meaningful compliment

