








DECEMBER 2022

make
kindness
the norm.



SUN	MON	TUE	WED	THU	FRI	SAT
NOVEMBER S M T W Th F S 30 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 1 2 3 4 5 6 7 8 9 10	JANUARY S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5 6 7 8 9 10 11	29	30	Rosa Parks Day 1 FREE DAY! How can you show courage today?	Create a Kindness Tree and ask family and friends to decorate it with ornaments that have notes attached of a kind act they did. 2	Make a Gift Day 3 Create handmade holiday gifts for friends, family and co-workers.
4  Send an unexpected, handwritten postcard or letter to a loved one.	5  Talk to the person sitting by themselves at a party.	6	Letter Writing Day 7 Join Soldiers' Angels and send a holiday care package to a deployed service member.	8	9 Send cheerful holiday cards with inspiring quotes to hospitalized children using the Cardz for Kidz service.	Human Rights Day 10 Donate to a global charity of your choice.
11	12	13	14	15  Purchase a Christmas tree for a family that can't afford one.	16	17
Invite some friends or family members to a fun night out at an Escape Room.	Try a new hobby such as beading or jewelry making.	Be accountable for everything you do or say today.	Start a staff meeting or your first 10 minutes of class with an inspiring video.	Hand out candy canes along with a smile or a note wishing the recipient a joyful holiday season.	 Get festive and decorate your home for the holidays.	
 18 Leave unused coupons next to the corresponding products at the grocery store.	19  Help a neighbor shovel snow or complete a household chore.	20	Ugly Sweater Day / 1st Day of Winter 21 Host an ugly sweater day party at work.	22	23	Christmas Eve 24 Open your home for the holidays. Invite neighbors and friends over for drinks or dessert.
Christmas Day 25 Gift a loved one an experience rather than a material gift.	26	27	28	29  Donate towels or blankets to an animal shelter.	30	New Year's Eve 31 Write a list of goals you would like to accomplish in your life.