JANUARY 2026



randomacts of kindness.org

SCIENCE SPARK: STUDIES SHOW THAT PRACTICING SELF-COMPASSION LOWERS CORTISOL (THE STRESS HORMONE) AND STRENGTHENS EMOTIONAL RESILIENCE—MAKING YOU MORE LIKELY TO EXTEND KINDNESS OUTWARD.

RANDOM ACTS OF KINDNESS FOUNDATION®

SUN	MON	TUE	WED	THU	FRI	SAT
S M T W Th F S 30 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	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 1 2 3 4 5 6 7 8 9 10 11 12 13 14	30	31	Give yourself the gift of a fresh start. Do one thing that feels kind to you — take a cozy nap, watch the sunrise, or write down what you're grateful for from 2025.	Take 5 slow breaths when you wake up or feel grumpy.	Pick one hour today with no screens — play, draw, or daydream instead.
4	5	6	7	8	9	10
Celebrate something you did well last week.	Stretch, dance, or walk — thank your body for moving!	Clean up one small area to make it feel peaceful.	Say no when something feels too much — kindly and clearly.	Look at yourself and name one thing you're proud of.	Sit quietly for two minutes and notice what you hear or feel.	Eat a snack slowly, thinking about who helped grow or make it.
Catch a mean thought about yourself — and change it to something kind.	Go outside and notice 3 beautiful things.	Draw a small seed. Inside the seed, write something you want more of (courage, calm, silliness, patience).	Listen to a song that makes you smile and move.	Go to bed a little earlier and thank your body for resting.	Change one "I have to" into "I get to"	Write down one thing you did today that made you proud.
When you feel upset, stop and take 3 slow breaths.	Write or draw one kind thing you did today — big or small.	Watch something funny or tell a silly joke.	Take a break without guilt — nap, read, doodle, or stretch.	Look for three "tiny22 treasures" in your day — something pretty, something funny, and something that makes you feel safe.	Leave a kind note for yourself where you'll see it.	Feel the water, breathe, and imagine worries rinsing away.
25	26	27	28	29	30	31
Do one kind thing for someone else — a smile, note, or hug.	Try something new — it's okay to make mistakes!	Step outside and soak up the sunlight.	Ask, "What do I need today?" — then do one small thing for yourself.	Tell a friend or family member what you like about them.	Name 3 good things that happened today.	Think about how being kind to yourself helped you be kind to others.