OCTOBER 2026

make kindness the norm.

SCIENCE SPARK: THE BRAIN HAS A NEGATIVITY BIAS, BUT WHEN WE HIGHLIGHT KINDNESS, WE RETRAIN OUR NEURAL PATHWAYS TO NOTICE THE POSITIVE.

randomactsofkindness.org

SUN	MON	TUE	WED	THU	FRI	SAT
SEPTEMBER 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	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 1 2 3 4 5 6 7 8 9 10 11 12	29	30	Join Socktober— donate new socks to warm someone's day (and toes!).	Notice one good thing someone does today and point it out aloud.	Write a sticky note naming one thing you appreciate about a family member and leave it where they'll find it.
Start a "Good Things List" and write down three bright moments from your day.	Tell a friend the best thing you've learned from them.	Ask someone, "What's something good that happened this week?" and really listen.	Snap a picture of something beautiful you notice today and share it with someone to lift their mood.	Thank a teacher, coach, or mentor for a small moment they may have forgotten, but you never did.	Give a kind comment to someone—make it specific so it feels real.	Celebrate someone in your life by acknowledging one of their strengths and letting them know you've noticed it.
Invite someone to join you in doing something fun.	Compliment a kid's creativity, curiosity, or courage.	Do a small chore or helpful task.	Look for someone who's usually quiet and ask about something they love.	Share a story from your past where someone showed you kindness.	Leave a surprise "You're Doing Great" note in a public place.	Tell yourself one good thing about who you are - not what you do.
Celebrate someone's effort, not just their achievement.	Send a voice memo to a friend letting them know why you're grateful they're in your life.	Draw or doodle something and give it to someone with a nice note.	Give a sincere compliment to three people today.	Look in the mirror and name one thing you're proud of yourself for.	Ask someone, "What's something you're looking forward to?" and cheer them on.	Make a "Kindness Spotlight" at home or school where people can post good things they notice.
Share a kind memory with a family member who may need encouragement today.	Hold the door open for someone and greet them with a smile.	Offer to help someone learn, practice, or figure out something they've been working on.	Make a card for someone you've been thinking about and give/send it to them.	Take a walk and notice all the joyful things.	Leave a positive review for a local business.	Reflect on the biggest positive shift you noticed this month.