

# NOVEMBER 2026

**make  
kindness  
the norm.**

randomactsofkindness.org

RANDOM ACTS OF KINDNESS FOUNDATION\*

**SCIENCE SPARK: GRATITUDE PRACTICES INCREASE DOPAMINE AND SEROTONIN, THE BRAIN'S NATURAL ANTIDEPRESSANTS, WHILE ALSO IMPROVING SLEEP AND REDUCING ANXIETY.**

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
1 Start a gratitude list - write down one thing you're grateful for as soon as you wake up. Do this every day this month.	2 Leave a surprise gratitude note on someone's windshield, desk, or doorstep.	3 Tell someone something specific they do that makes your life easier.	4 Take a deep breath, relax your shoulders, and embrace the moment.	5 Send a short message to someone you haven't talked to in a while and let them know you're thinking of them.	6 Tell a teacher, coworker, or mentor how they helped you this year.	7 Donate gently used coats, scarves, or blankets.																																																																																																		
8 Cook or bake something simple and share it with a neighbor "just because."	9 Snap a photo of something beautiful you saw today and send it to someone who'd love it.	10 Offer to help someone with groceries, bags, or boxes.	11 Leave a handwritten note for your postal worker, delivery driver, or trash crew thanking them for their hard work.	12 Catch up with someone you've been thinking about and let them know.	13 World Kindness Day 2026!	14 Share a playlist that lifts your spirits.																																																																																																		
15 Spend 10 mindful minutes outdoors, noticing what you appreciate about the season.	16 Thank a healthcare worker, first responder, or community helper with a card and/or treat.	17 Give a plant or flower to someone who could use a little green in their space.	18 Invite someone new to lunch, coffee, or a walk.	19 Share a memory of someone you miss.	20 Drop a few coins into a donation bin next time.	21 Leave a book you loved on a community shelf.																																																																																																		
22 Offer a heartfelt apology to someone you've meant to reconnect with.	23 Send a "thank you for existing" text to someone who would never expect it.	24 Make a list of three things you appreciate about yourself.	25 Share a warm drink with someone.	26 Write a recommendation or positive review for a small business you like.	27 Hold the door open for as many people as you can.	28 Small Business Saturday 2026!																																																																																																		
29 Leave a kind comment on a community board, classroom wall, or social media space.	30 End the month with a gratitude letter.	1	2	3	<div> <div>OCTOBER</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> </table> </div> <div> <div>DECEMBER</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>29</td><td>30</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> </table> </div>		S	M	T	W	Th	F	S	27	28	29	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	S	M	T	W	Th	F	S	29	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
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