

DECEMBER 2026

**make
kindness
the norm.**

randomactsofkindness.org

RANDOM ACTS OF KINDNESS FOUNDATION

SCIENCE SPARK: GIVING ACTIVATES THE BRAIN'S MESOLIMBIC SYSTEM (THE REWARD CENTER), PRODUCING A SENSE OF JOY AND FULFILLMENT OFTEN CALLED THE "GIVER'S GLOW."

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
29	30	1	2	3	4	5																																																																																																		
		Leave a note on a neighbor's door wishing them a bright end to the year.	Make a holiday card for someone who might feel lonely.	Make a little "thank-you" drawing or message for someone who helped you this year.	Donate warm socks, gloves, or hats.	Share a snack with a friend, classmate, or coworker.																																																																																																		
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Give someone your full attention.	Leave a kind review or happy comment for a small business or creator you like.	Create a "light the way" jar to fill with memories you make throughout the year.	Leave an extra big tip next time you order coffee.	Let someone go ahead of you in line.	Send a cheerful voice message to a friend or family member.	Gather coats or blankets and donate them.																																																																																																		
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Write or draw a thank-you note for a teacher, coach, or mentor.	Tell someone the story of a time they inspired you.	Give someone a compliment about who they are, not how they look.	Leave a small surprise or treat on someone's desk or doorstep.	Add some cans or snacks to a community food box or pantry.	Offer to help with a chore at home without being asked.	Hide "you matter" notes inside books at a library or school.																																																																																																		
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Tell someone something kind you noticed them do.	Drop off warm drinks (or ask an adult to help) for outdoor workers.	Make a happy playlist and share it.	Offer to take a picture for people trying to capture a moment.	Learn about blood donation or organ donation from someone with knowledge and authority and why it matters.	Tape a dollar or coin to a vending machine.	Offer to help someone.																																																																																																		
27	28	29	30	31	<div> <div>NOVEMBER</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>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</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> </table> </div> <div> <div>JANUARY</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>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> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> </table> </div>		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	S	M	T	W	Th	F	S	27	28	29	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	31	1	2	3	4	5	6
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Share a favorite book.	Compliment someone's effort.	Record a short "thank you" video for someone.	Help decorate or clean up for someone else.	End the year by writing or drawing five ways you brightened someone's life in 2026.																																																																																																				