

There is an average of 30 days in a month. Use this list of 30 acts of kindness to stay connected with yourself, your family, friends and others each day of the month.

# Acts of KINDNESS



Complete an act of kindness for someone else today.



Get in touch with an old friend or distant family member today.



Make uninterrupted time for your loved ones today.



Create a thoughtful playlist for someone close to you today.



Compliment someone today.



Activity listen and be patient while someone speaks to you today.



Connect with someone to tell them how much you appreciate them.



Focus on being kind today.



Reach out and thank your favorite local company or organization.



Share your feelings with someone today.



Organize a virtual call with friends today.



Say good morning/afternoon/evening to everyone today.



Write a letter to someone today.



Connect with a senior and check in on them today.



Tell someone you love, that you love them today.



Read a story to a child in your life today.



Find three jokes to share with someone today.



Call a friend and tell them how awesome they are today.



Buy from someone somewhere local today.



Dedicate a song on the radio to a friend, family member or loved one.



See the best in someone today.



Mail a thank you card to a veteran today.



Say thank you to anyone who helps you and mean it today.



Turn your phone off when talking to people or simply put it away.



Share a favorite recipe with your family/friends on social media today.



Text someone a motivational quote today.



Call the person that made the biggest influence in your life and let them know how much they mean to you today.



Self Kindness - Meditate for ten minutes today.



Tell someone you believe in them today.



Randomly ask how you can help someone in general or how you can help them get closer to their goals and dreams today.