



kindvember[®] 2024

Thank you for all you do each and every day!

In the month of Kindvember, which some people refer to as November, we recommend that you use this calendar with some reminders about how you can scatter kindness.

Start a gratitude journal.

1

Have a game night with friends or family.

2



Call or text a loved one.

3

Start your week with a clean space. Declutter!

4

Take 30 minutes for yourself to relax.

5

Go out for a walk.

6

Forgive someone.

7

Give yourself a break from the news.

8

Go out for an autumn drive.

9



Binge watch a show.

10

Thank a Veteran for their service.

11

Try something you've never done before.

12

Leave a positive review online.

13

Ask someone about their day and really listen.

14

Gift a plant or flowers.

15



Hug a tree.

16



Bake for someone.

17

Offer to help a neighbor.

18

Curate a playlist for someone who needs a boost.

19



Tell a friend how happy you are that they exist and why.

20

Brighten someone's day with a card.

21

Build a care package for someone.

22

Have a fancy dinner, just 'because.'

23



Practice mindfulness.

24

Look for a volunteer opportunity in your community.

25

Leave a positive note in a random place.

26

Share your favorite way to show kindness, on social media. #Kindvember

27

Spend time with friends and family.

28

Bring someone a special treat.

29

Write an encouraging note for yourself to open at a later date.

30

