




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Are you a giver or a Grinch? Take <u>the quiz</u> .	2 Practice a <u>random act of kindness</u> .	3 Read <u>a poem about giving</u> .	4 Be a <u>better listener</u> .	5 <u>Overcome barriers to kindness</u> .	6 <u>Five ways giving is good for you</u> .
7 Find a new way to connect with your <u>toddlers' natural altruism</u> .	8 Join our free <u>community meeting</u> today!	9 <u>Thank a librarian</u> .	10 Help students <u>experiment with generosity</u> .	11 <u>Find inspiration for altruism</u> .	12 <u>Foster connection and kindness through writing</u> .	13 Help people <u>feel good about giving</u> .
14 <u>Spend quality time with people you care about</u> .	15 Read <u>another poem</u> about giving.	16 <u>Make a phone call</u> to a friend or family member.	17 Remind kids of their <u>past kindnesses</u> .	18 Explore the <u>neuroscience of altruism</u> .	19 <u>Do five random acts of kindness in one day</u> .	20 Start a <u>positive feedback loop</u> .
21 Be inspired by <u>moral beauty</u> . (& <u>this video!</u>)	22 <u>Build resilience</u> with altruism.	23 Feel inspired by <u>kindness around the world</u> .	24 Help kids learn <u>to love giving</u> .	25 <u>Learn from the trees</u> .	26 7 tips for <u>fostering generosity</u> .	27 Boost your " <u>habits of helping</u> ."
28 <u>Meditate</u> on giving back to the Earth.	29 <u>Help students cultivate kindness</u> .	30 <u>Our work is only possible because of you</u> .	31 <u>Resolve to give</u> .	  		

Designed by Hannah Jin-hee Kim
hannahjinhee.com