

MY MAD

MAKE A DIFFERENCE

NOVEMBER 2019

Kindness Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



3
Get some fresh air & exercise by trying a new outdoor activity
Daylight Savings

4
Send flowers anonymously to a receptionist

5
Bring an extra snack to give away before you leave your house

6
Tell someone why they are special to you

7
Spend an hour doing something to reduce the stress in your life
Stress Awareness Day

8
Invite some people in your neighborhood over for a potluck dinner

9
Rake Leaves for an Elderly Neighbour

10
Write positive messages on bathroom mirrors with a dry erase marker

11
Make homemade cards for a retirement community
Veterans Day



12
Donate canned goods to a food bank

13
Fill a jar with candy & compliments to give to a friend or family member
World Kindness Day

14
Hang a positive note or news clipping on a bulletin board

15
Research local charities & donate to your favourite

16
Volunteer to play board games at your local nursing home
Intl. Day for Tolerance

17
Proofread a college-bound student's application essay
Intl. Students Day



18
Buy a warm meal for someone in need

19
Hand out notes with compliments on them to friends

20
Buy a bunch of balloons & hand them out to random kids you see around town

21
Say "hello" to someone you don't know
World Hello Day

22
Leave hats, gloves, and/or blankets on a park bench for strangers in need

23
Write a nice comment on your friend's blog or social media post

24
Ask a senior citizen to tell you their life story
Day of Listening



25
Start a gratitude journal & begin by writing 10 things you love about your life



26
Hold your tongue - don't correct someone even if you think they're wrong

27
Invite someone who will be alone tomorrow to come to your home for dinner

28
Reflect on all the good people / things in your life & say thank you as much as possible
Thanksgiving

29
Celebrate a MAD Friday instead of Black Friday - Do some Kind acts!!

30
Do 35 jumping jacks right when you wake up to get your adrenaline pumping

Gratitude