

OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12 Sit by someone new at lunch	13 Say something kind to yourself	14 Help a classmate clean up	15 Compliment 3 classmates	16 Smile at 5 people today	17 Help a grown-up in your home with a chore
18 Help prepare a meal for your family	19 Invite someone new to play at recess	20 Write a thank you note to someone who works at Shorewood	21 Introduce yourself to someone you don't know	22 Say good morning to as many people as your can	23 Say 3 nice things to yourself while looking in the mirror	24 Call a friend or family member you haven't seen in a while
25 Share a book with a family member and read it together	26 Ask someone about their weekend	27 Pick up a piece of trash that is not yours	28 Say something kind to someone in a different class	29 Tell someone your favorite thing about Shorewood	30 Give 5 people a high-five	31



DAILY KINDNESS CHALLENGES