

Micah 6:8 Ministries Printable Kindness Calendar

Week 1: Acts of Gratitude

- Day 1: Write a thank-you note or send a text to someone you appreciate.
- Day 2: Compliment a coworker, friend, or family member.
- Day 3: Reflect on three things you are grateful for and share them with someone.
- Day 4: Surprise someone with a small gift or treat.
- Day 5: Leave a positive review for a local business or service provider.
- Day 6: Send flowers or a card to brighten someone's day.
- Day 7: Thank a teacher, mentor, or role model for their guidance.



Week 2: Helping Others

- Day 8: Hold the door open for someone.
- Day 9: Offer to help a neighbor with chores or errands.
- Day 10: Donate gently used clothing, toys, or books to a local charity.
- Day 11: Share a homemade meal or baked goods with a friend or neighbor.
- Day 12: Let someone go ahead of you in line.
- Day 13: Volunteer at a local organization or community event.
- Day 14: Offer a listening ear to someone who needs to talk.

How to Use This Calendar

- Print and Display: Place this calendar in a visible spot, like your fridge or workspace.
- Check It Off: Mark each day's act once completed.
- Involve Others: Share the calendar with family, friends, or coworkers to spread kindness together.

Week 3: Acts of Generosity

- Day 15: Pay for someone's coffee, meal, or toll.
- Day 16: Leave a sticky note with a positive message in a public place.
- Day 17: Create a care package for a homeless person or a shelter.
- Day 18: Donate to a cause or fundraiser you care about.
- Day 19: Share your skills or knowledge to help someone (e.g., tutoring, fixing something).
- Day 20: Give a genuine compliment to a stranger.
- Day 21: Leave a generous tip for a server or delivery person.

Week 4: Community and Environment

- Day 22: Pick up litter in your neighborhood or a local park.
- Day 23: Plant a tree or flowers in a community space.
- Day 24: Encourage someone with a kind note, email, or message.
- Day 25: Offer to babysit or pet-sit for free.
- Day 26: Organize a small donation drive with friends or coworkers.
- Day 27: Bring snacks or coffee to work or a community group.
- Day 28: Share an inspiring story or positive news with others.

Reflection Days

- Day 29: Reflect on how these acts of kindness made you feel and what you learned.
- Day 30: Make a plan to continue practicing kindness in the coming months.