





NOVEMBER 2021

SUN	MON	TUE	WED	THU	FRI	SAT
31	1	2	3	4	5	6
Start a list of things you're grateful for and add to it this month.	Encourage those closest to you to take part in a community event.	Write positive messages on the sidewalk with chalk.	Show appreciation to someone in your school today by leaving an anonymous positive note.	Give away one of your possessions for free.	Shop at a farmer's market with your family.	
7	8	9	10	11	12	13
BOOK LOVER'S DAY Start a book about a topic that is new to you.	Do something that you find challenging today.	Put positive notes on the mirrors in the bathroom. 	Hand-write a letter of gratitude to someone who has positively affected your life.	Make a healthy fruit salad and share with the family.	Compliment someone in front of others.	WORLD KINDNESS DAY Become a RAKtivist at randomactsofkindness.org
14	15	16	17	18	19	20
 Make first aid kits for local shelters.	Stop what you're doing for a few minutes to just breathe and appreciate your life.	Help a classmate with a tough task.	TAKE A HIKE DAY Ask your family or friends to join you for a hike this weekend.	Write a note of thanks to the cafeteria staff.	Create a gratitude wall in your classroom for all to post notes of thanks to fellow classmates.	 Wake up early to appreciate the sunrise.
21	22	23	24	25	26	27
Send someone you care about a surprise care package.	Forgive someone. Tell them you forgave them.	Share an encouraging song with others. 	Clean up your classroom during free time.	Play gratitude ping pong: pass a ball back and forth for two minutes sharing things for which you are grateful.	Organize and clean your workspace – appreciate yourself!	Write a letter to your future self at futureme.org , detailing all the things you appreciate about yourself.
28	29	30	1	2		
Text a friend to let them know you're thinking of them.	Find a reason to laugh today. Tell someone a good joke!	Turn on your favorite music when you get home. Do a little dance!				

OCTOBER							DECEMBER						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
26	27	28	29	30	1	2	28	29	30	1	2	3	4
3	4	5	6	7	8	9	5	6	7	8	9	10	11
10	11	12	13	14	15	16	12	13	14	15	16	17	18
17	18	19	20	21	22	23	19	20	21	22	23	24	25
24	25	26	27	28	29	30	26	27	28	29	30	31	1
31	1	2	3	4	5	6	2	3	4	5	6	7	8

DECEMBER 2021

NOVEMBER		MON		TUE	WED	THU	FRI	SAT
S	M	T	W	Th	F	S		
31	1	2	3	4	5	6	7	8
7	8	9	10	11	12	13	14	15
14	15	16	17	18	19	20	21	22
21	22	23	24	25	26	27	28	29
5	6	7	8	9	10	11	12	13
19	20	21	22	23	24	25	26	27
3	4	5	6	7	8	9	10	11
17	18	19	20	21	22	23	24	25
31	1	2	3	4	5	6	7	8
14	15	16	17	18	19	20	21	22
28	29	30	31	1	2	3	4	5
12	13	14	15	16	17	18	19	20
5	6	7	8	9	10	11	12	13
19	20	21	22	23	24	25	26	27
3	4	5	6	7	8	9	10	11
17	18	19	20	21	22	23	24	25
31	1	2	3	4	5	6	7	8
14	15	16	17	18	19	20	21	22
28	29	30	31	1	2	3	4	5

JANUARY

S	M	T	W	Th	F	S
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

5	Send a care package to a children's hospital.	12	Name a star after someone at namestar.com.	19	Distribute hand warmers to the unhoused in your community.	26	Hand out candy canes with a note wishing the recipient a joyful holiday season.
6	Think of a way to become more organized in your schoolwork.	13	Make a list of five things for which you are grateful.	20	Turn off the lights, heaters, and fans that are not in use.	27	Treat yourself to a delicious dessert.
7	Post a positive quote on your classroom door.	14	Plan to wear an outfit that makes you feel great tomorrow.	21	CREATE AN IMAGE OF YOUR FAVORITE WINTER ACTIVITY.	28	Call a friend to catch up.
8	Create a kindness tree. Ask classmates to help decorate it.	15	Compliment a teacher's style.	22	Write a note of thanks to your classroom aides.	29	Play with your siblings or neighbor's children so the parents can have time to recharge.
9	Send cheerful holiday cards with inspiring quotes to hospitalized children using the Cardz for Kidz service.	16	Contribute toys to your local Toys for Tots campaign.	23	Create holiday cards for your family members.	30	Listen to a guided meditation.
10	Call someone you miss.	17	Show a friend how much you appreciate them in a unique way.	24	Do something you love: go for a walk, draw, read, write, yoga. Whatever it is, do it for you!	31	Set intentions for the new year. What goals do you hope to accomplish?
11	Send a holiday care package to a deployed service member.	18	Give a treat to your delivery workers.	25	Gift a loved one an experience rather than a material gift.	NEW YEARS EVE	NEW YEARS DAY
4	Get outside for some stargazing.						