

30-Day Kindness Calendar

One little kind thing every day - 2026

1

Say good morning
with a big smile

2

Share a toy with a
friend

3

Give someone a
hug

4

Say please and
thank you

5

Help tidy up one
thing

6

Draw a picture for
someone

7

Tell a family
member you love
them

8

Water a plant

9

Feed the birds or
a pet

10

Let someone go
first

11

Pick up something
that fell

12

Say a kind word to
a friend

13

Help set the table

14

Give a toy you
don't use anymore

15

Wave hello to a
neighbor

16

Make someone
laugh

17

Say sorry if you
hurt someone

18

Give a high five

19

Help carry
something light

20

Share your snack

21

Say thank you to a
helper

22

Give a gentle pat
to a pet

23

Make a thank-you
card

24

Cheer up a sad
friend

25

Put your shoes
away nicely

26

Say something you
like about
someone

27

Hold the door
open

28

Give a goodnight
kiss

29

Help a friend clean
up

30

Tell someone: you
did great!