



# A KINDNESS A DAY

# SEPTEMBER 2020

**THEME:**  
Sensitivity  
Erech Apayim



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 See being sensitive as a strength. Ask somebody about their day and how they are feeling.	2 Be patient with someone today, even when it is difficult.	3 Remain calm when another driver cuts you off on the road.	4 Refrain from playing loud music on the bus, train or in a public area.	5 While at the movies, remain seated for the duration of the movie.
6 Swallow your pride. Call the person from whom you should be asking forgiveness.	7 If you know somebody is bothered by certain foods or smells, try not to have those items around her.	8 When someone is speaking to you, give your full attention and make the effort to maintain eye contact.	9 If somebody did something that goes against your values, remain calm and talk it out with him.	10 Put your phone away when you are in the company of others.	11 Before offering criticism, affirm the positive.	12 Listen with empathy. When somebody is going through a tough situation, be there for them, even if it is hard for you.
13 Send five positive and encouraging text messages to five different people.	14 Let someone else choose the movie to watch or the restaurant for dinner tonight.	15 To show your sincerity, avoid responding to people with platitudes or cliches.	16 Offer to make dinner for a friend who you know works late.	17 Pick up the phone to make a check-in call to a family member or friend. Ask how she is doing and see if there is something she needs today.	18 You never know what people are going through. Be kind to someone who has been unkind today.	19 Be sensitive to other people's feelings, even when they haven't verbally expressed them. Notice their facial expressions and body language.
20 Today, anticipate someone's needs before they ask.	21 Don't judge others today.	22 Refrain from writing that angry internet comment you're thinking of writing.	23 Offer support to someone, whether it's saying, "I'm sorry for your loss. Is there something I can do?" or "Congrats! Let's go out and celebrate."	24 When you hear a siren today, instead of becoming annoyed by the noise, pray that the emergency vehicle arrives on time to save those in danger.	25 Think before you post online. Take a second to look at your impending Facebook status or Instagram picture, and see if it could potentially upset someone.	26 Assume the best of others. Today, don't be so quick to judge.
27 Offer to lighten your co-workers load, in whatever way you are able.	28 Find something positive to say about everyone and everything you come in contact with today.	29 Silence your phone at a lecture, a nice restaurant, on the bus or at the movies so that it does not ring and disturb others.	30 Be patient in traffic today.			