

A KINDNESS A DAY 365 WAYS TO MAKE THE WORLD A BETTER PLACE

THEME:

Love  
Ahava



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1  Love someone for who they are.	2  Surprise a loved one with a small gift for no reason.
3 Create a group chat on WhatsApp with your extended family. Keeping in touch will become a lot easier.	4 Make a memory jar for your friend with little notes of things you do together and give it to them in a year from now.	5 Tell a loved one about their strengths that you value most.	6 Do something supportive for a friend.	7 Send someone a card to say how much they mean to you.	8 Set aside time to learn about a family tradition and do it with your family.	9 Give someone a meaningful compliment.
10 Plan a fun day trip for your family.	11 Frame a picture that captures a beautiful moment you shared with a family member or friend and send it to them.	12 Tell someone why you love having them in your life.	13 Do something meaningful for someone you care about.	14 Reconnect with an old friend you have not seen in a while.	15 Buy someone their favorite chocolate for no reason.	16 Show interest and acceptance for what your friend is passionate about.
17 Give a gift to your friend for their birthday that can be shared.	18 Tell someone that they make the world a better place and truly mean it.	19 Leave an encouraging note in a family member's lunch bag.	20 Take the time to call or visit a classmate who didn't show up to school today.	21 Make uninterrupted family-time where everyone disconnects from technology.	22 Support a loved one in pursuing their dreams.	23 Get involved in new experiences by taking on a new hobby with a friend.
24 Plan a surprise birthday party for your friend.	25 Put in a good word for a family member or friend if it can help them.	26 Ask for advice from a loved one or friend to show that you value what they have to say.	27 Bake something for a friend or loved one and surprise them with it.	28 Give an unexpected compliment to a neighbor on the street.	29 Send flowers to someone for no reason.	30 Tell someone why you believe in them.
31 Celebrate the achievements of others by sending a gift basket.						