

Kids

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



THEME:

Newness
Sheheyanu

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Make a decision to make a change for the New Year.	2 Try something new – a fruit, vegetable, or food.
3 Draw New Year's cards and distribute to your classmates.	4 Take a nature walk and behave like it's your first time seeing trees, birds, and sky.	5 Commit to learning something new this year and take the first step in doing so.	6 Be happy, calm and be intentionally hopeful starting today.	7 Take the first step towards a goal.	8 Start your day with the most important thing on your list.	9 Share your most important goals with people you trust.
10 Try to make a new friend today.	11 Write down your most important goals for today, this week, or this month.	12 Plan a new activity and invite a friend to share it.	13 Make a new playlist for a friend.	14 What's the #1 thing you feel proud of? Be proud of whatever it is.	15 Identify a new viewpoint on a problem you face.	16 Think of three new things to learn.
17 Start the week by writing down your top priorities and plans.	18 Teach someone else a new game or skill.	19 Teach yourself a new skill or craft.	20 Try a new genre of book, movie or type of food.	21 Introduce yourself to someone new to you.	22 Help a friend reimagine a challenging situation into a positive one.	23 Take a walk by yourself (like it's the first time) and listen to the birds and trees rustling.
24 Learn a new game.	25 Ask a friend for a recommendation for a new song, artist, or book to check out. Plan to discuss your friend's passion with it. Your friend will be flattered and you will learn something new.	26 Introduce yourself to the "newbie" at school or in the neighborhood.	27 Grow a new plant.	28 Take the first step with an act of kindness!	29 This month, determine a goal that you have not given yourself the time to achieve and make it a priority. Be tenacious, consistent and determined and make your dream a reality.	30 Think of one thing in your life that you would like to change and take steps today to make it happen!
31 Have a family member that is starting out on something new? Encourage them.						