

# Kids

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



**THEME:**

Divine Image  
Tzelem Elokim

 **Areyvut**  
kindness · charity · social action  
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Offer to teach someone a skill you have.	2 Praise and acknowledge a skill or talent a friend has – that you do not.	3 If you have a passion for cooking, baking, assembling, repairing, etc. share your product with a friend.	4 Look in the mirror, identify your favorite qualities and feel good about yourself.	5 Look at your loved ones and your friends, identify their favorite qualities and express compliments to them, making them feel good about themselves.	6 Willfully and intentionally feel empathy and express it to others.
7 Look at a cashier, service person and people you casually encounter in their eye. Ask about them.	8 When you have a workman in your home, leave individually wrapped snacks or bottled water and invite them to enjoy. Think about how you feel when you're hungry.	9 Avoid blaming yourself or others. Just find the best way forward, recognizing we all make mistakes – even the Divine.	10 Every evening take stock on what you have achieved that day. Even God took stock of His creations.	11 Look for the good intentions in people around you today.	12 Thank yourself for achieving the things you often take for granted.	13 Wear something that makes you feel great about yourself.
14 Re-watch a favorite TV show, movie or re-read a favorite book – laugh or learn anew.	15 Volunteer virtually.	16 Send someone a small gift to boost both of you.	17 Remember it took 6 days for God to create the world. You don't have to do everything, today – but do something small each day.	18 Give someone a word of encouragement to inspire them throughout the day.	19 Forgive someone. We all make mistakes.	20 Make an intentional effort to listen.
21 Make a new acquaintance feel welcome. Handwrite a card or provide a small plant, socially distant.	22 Think of three things that give you hope for the future, with a friend.	23 Our environment needs a little loving. Start becoming mindful of recycling. It may take you an extra moment to find a garbage can or recycling bin, but think of the impact.	24 Tell someone you know why you are thankful for them.	25 When you can socially distance, hold the door open for others	26 Imagine you were a slave and were looking to freedom. What would that look like?	27 If the family and friends who generally attend your Seder cannot be with you, send them an e-mail or a handwritten card to arrive today to know they matter.
28 Listen. Fight your urge to preemptively interrupt someone who comes to you for advice. Sometimes allowing a person a platform to speak is the greatest gift you can give them.	29 Pause and acknowledge the talent your friends and family have. Everyone has a unique gift.	30 Cook a special Passover recipe for someone special.	31			