



A KINDNESS A DAY FOR KIDS

NOVEMBER 2020

THEME:
Gratitude



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Draw 5 things you are grateful for every day.	2 Create a card for someone in the armed services to express gratitude.	3 Before biting into a juicy piece of fruit, take a moment to say a blessing and thank you.	4 Thank your bus driver and tell them to have a good day.	5 Send a video message to someone in your life that you are grateful for.	6 Clear the table, without being asked to say thanks.	7 Kiss the Mezuzah. Think about G-d as you go in and come out of your home.
8 Thank your grownup for helping you learn remotely.	9 Text someone you care about to tell them you were thinking about them and hope they are well.	10 Surprise someone with a handmade craft. Your talent is someone else's gift.	11 Grab some sticky notes, jot down inspiring messages and post them up in your home to express gratitude.	12 Share what you are thankful for each night before bed.	13 Be generous with complimenting a teacher.	14 Remember to thank the person who cooked and served the meal to you.
15 Create a memory book, a binder with beautiful pictures and pictures, for an elderly relative or neighbor. The pictures, in this time of isolation, may help refresh a fading memory.	16 Create a virtual picture book and email it to family and friends who you cannot see during the pandemic.	17 Invite someone shy to a virtual hang out with you and your friends. You may have more in common than you think.	18 Make oatmeal-to-go for someone as a surprise, healthy breakfast treat: Put 1 part old-fashioned oats + 1 part milk and place in the refrigerator overnight.	19 Thank a teacher, rabbi, friend, or coach who has pushed you to be who you truly are.	20 Jot down your favorite foods. Go thru the journey your food took to get to you. Be grateful for all the people who helped.	21 Give your parents or grownups time to relax to thank them for the time they give you.
22 Gratitude Photo Challenge: Take a walk in nature and snap a picture of fall's color wonder!	23 Call an older relative: a grandparent, aunt, uncle or neighbor to say hi and listen to their stories.	24 Wrap a packaged snack bag and share it with an essential worker to say thank you.	25 Create a card for someone who works in a nursing home to express gratitude.	26 Thanksgiving Don't be picky: taste everything you are served.	27 Thank the person who prepared dinner and serve them a cup of hot cocoa.	28 Share what you are thankful for each night before bed.
29 Write thank you notes for support, not only for things.	30 Make a gratitude jar. Fill with paper notes. Be sure to review!					