



# A KINDNESS A DAY FOR KIDS

## OCTOBER 2020

**THEME:**  
Independence



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Offer to help clean up at the end of the day.	2 When you finish a roll of toilet paper, replace it with a new one.	3 Think of three ways to be more independent in the future.
4 Follow through with a promise you made, even if it takes extra effort.	5 Express your gratitude to a family member by doing something they do for you everyday.	6 Strike up a conversation about independence. What is independence? How can you actively become more independent?	7 Offer to make dinner for a friend you know is busy.	8 Give credit where it is due, don't accept praise for someone else's work.	9 Admit that it is okay not to have all the answers. Listen to others and seek out advice or criticism.	10 After brushing your teeth, take a few moments to clean the sink.
11 Make yourself a snack without any help.	12 Start your day by making your bed.	13 Even if you don't agree with someone's viewpoint, thank him for showing you a new way to look at things.	14 Write down five things that you have done recently by yourself, whether big or small.	15 Research a topic you have questions about.	16 Clean up after your meal. Throw out the garbage and wipe down the table.	17 Pick up the phone to make a check-in call to a family member or friend. Ask how they are doing and see if there is something they need.
18 Express your gratitude to a family member by doing something they do for you every day.	19 Follow through with a promise you made, even if it takes extra effort.	20 Keep your advice and opinions to yourself, unless someone specifically asks for your help.	21 Do something you've been putting off for a long time.	22 Lead by example. In a situation that requires you to make a moral decision, make sure you are doing the right thing yourself.	23 Share a specific example of an action that a role model in your life did for you and explain how it made a difference in your life.	24 Buy a small gift for a teacher to thank them for the knowledge and help they provide you.
25 Promote honesty by owning up to a mistake you made.	26 Hold the door open for the next person entering.	27 Take a walk after school.	28 Read a book today. Tell a friend or family member all about what made it interesting.	29 Set yourself a boundary today. Could be one hour less of screen time or not allowing negative thoughts to consume you.	30 Gather the trash into the bin. If you see any sitting out, go ahead and pick it up.	31 Weigh a decision today. Think about if you really want to say yes to doing something and remember that it is always okay to say no.