



# A KINDNESS A DAY FOR KIDS

# SEPTEMBER 2020

**THEME:**  
Optimism



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Start your day with a positive mantra.	2 Send five positive and encouraging text messages to five different people.	3 Plan for something you look forward to doing. It could be eating the food you love, seeing a friend, or going somewhere exciting.	4 Draw an inspirational picture or phrase on the sidewalk with chalk.	5 Assume the best of others today. Don't judge so quickly.
6 Before offering criticism, affirm the positive.	7 Thank someone for the good advice they gave you.	8 Take a few minutes to dream of your future today. Be specific, no dream is too big or small.	9 Try not to take any form of disagreement as a personal attack. Take control of how you respond.	10 When you hear a siren today, instead of becoming annoyed by the noise, pray that the emergency vehicle arrives on time to save those in danger.	11 Try not to complain about minor inconvenience's today.	12 Be happy for other people and celebrate their accomplishments.
13 Recognize your strengths without judging those who do not have the same.	14 You never know what people are going through. Be kind to someone who has been unkind today.	15 Don't judge others today.	16 Give a gift.	17 Take a moment to thank G-D and anyone else who helped you get through a stressful or difficult time.	18 Change how you think today. Be as positive as possible even if negative things happen.	19 Recognize that your success and accomplishments would not have been possible without the help of someone else.
20 Thank someone for the good advice they gave you.	21 Try not to gossip or talk behind others backs today.	22 Find something positive to say about everyone and everything you come in contact with today.	23 Even if you don't usually pray, take a few moments when you wake up this morning to thank G-D for giving you a new day full of great opportunities.	24 When someone says something negative take the time to show them how they can flip those words into a positive.	25 Make a vision board with pictures and phrases of the dreams of your future.	26 Take five minutes outside, look around and pinpoint three beautiful parts or nature. Think of all the things it took nature to grow and thrive.
27 Do something today that sets a good example for others.	28 Think of two ways in which you have grown since last year.	29 Focus your energy on mindfulness today.	30 Encourage others to notice the good things around them.			