



# #BEKIND21 FAMILY CALENDAR

Share kindness with your loved ones, your community, and yourself.

1

Call a loved one.

2

Write a kind note and send (mail, text, or email) it to your loved ones.

3

Make a card for a special teacher who helped you.

4

Ask your friends and family how they're doing. If they need support, ask for ways you can help.

5

Be kind to yourself. Take a moment to take five deep breaths.

6

Practice a random act of kindness during your day.

7

Share a smile with someone.

8

Thank your grocery store worker.

9

Say "please" and "thank you" today (and every day!).

10

Practice self-kindness by asking yourself, "What do I need?"

11

Talk about something kind someone else did for you today.

12

Take a moment and think of all the people who have been kind to you this week.

13

Thank someone who made a difference in your life.

14

Ask your family members, "What kind thing did you do today?"

15

Thank your family for the things they do each day.

16

Ask a grandparent or older family member about people who have been kind to them.

17

Remind your friends and family that you love them.

18

Leave a homemade present or thank you note for your mail carrier.

19

Tape kind messages on your window to promote positivity.

20

Write a poem or song about being kind.

21

Talk and write about all of the ways you shared and received kindness this month!

Learn more and join Born This Way Foundation's #BeKind21 campaign and help create a kinder, braver world by pledging to do an act of kindness every day for 21 days.

Join here: [bornthisway.foundation/current-programs/bekind21/](https://bornthisway.foundation/current-programs/bekind21/)

