

Just One

November 2007

Just One

You won't need
a
doctor for this
epidemic!

Just one act of
kindness a day
can make a
difference!
Kindness is
contagious.....so
CATCH IT!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Share your candy with your siblings</i>	2 <i>Make a family member feel special</i>	3 <i>Help your family with a chore</i>
4 <i>Spend the day thinking about good things in your life</i>	5 <i>Be a good sport no matter what</i>	6 <i>Make a new friend</i>	7 <i>Ask your teacher if he or she needs help</i>	8 <i>Tell someone that you love them</i>	9 <i>SMILE all day</i>	10 <i>Clean your room without being told</i>
11 <i>Give your pet some attention</i>	11 <i>Help a sad classmate</i>	13 <i>World kindness day! Be Kind!</i>	14 <i>Give an unexpected gift</i>	15 <i>Bake some cookies for a friend</i>	16 <i>Hold the door open for others</i>	17 <i>Say please and thank you</i>
18 <i>Read a book to a younger child</i>	19 <i>Forgive someone</i>	20 <i>Bring extra break for someone who doesn't have any money today</i>	21 <i>Call a relative you haven't seen in a while and just say "Hi"</i>	22 <i>Help with the dishes on Thanksgiving Day</i>	23 <i>Help clean up the house</i>	24 <i>Take the garbage out</i>
25 <i>Ask an older person to tell you stories about their life</i>	26 <i>Tell someone you think they are talented</i>	27 <i>Help someone with a problem</i>	28 <i>Clean up your yard</i>	29 <i>Write a note to someone that is new at school</i>	30 <i>Pick up something that someone has dropped</i>	