



# July 2009

“Kindness is the golden chain by which society is bound together” Johan Wolfgang Von Goethe

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1  Share a good book with a friend.	2  Think of ways to be kind.	3  Talk through a problem instead of arguing.	4
5	6  Invite a friend over.	7  Say “thank you” to the clerk at the store.	8  Be polite to everyone.	9  Share a special treat with someone.	10  Help your sibling clean their room.	11
12	13  Share your toys.	14  Give your mom or grandma a flower.	15  Stand up for someone being bullied.	16  Write kindness messages with chalk on the sidewalk.	17  Walk a dog.	18
19	20  Take a walk with a friend.	21  Write a kind note to someone.	22  Share popsicles with neighborhood children.	23  Clean up after yourself.	24  Cheer up a sad friend.	25
26	27  Say something nice to everyone you meet today.	28  Set the table for dinner without being asked.	29  Call a sick friend.	30  Let others go first.	31 Visit hospitals with smiles, treats, and friendly conversation for patients.	