

## Compassion In Action Calendar Ideas

1. Make a snack for someone in your family.
2. Say something kind to someone today.
3. Give someone a genuine compliment today.
4. Find something you don't use anymore, and donate to charity.
5. Help someone at home, school, or work today.
6. Send a handwritten letter to a relative who doesn't hear from you often.
7. Make someone feel welcome.
8. Use a kind tone of voice today, especially when you feel like being mean.
9. Notice the kindness you receive from others today .
10. Say hello to someone at school or work today that you usually don't talk to.
11. Help an animal today. If you don't have a pet, put out birdseed. Recycle to protect the environment and the animals in it.
12. Share something today.
13. Bring someone a drink without being asked.
14. Be friendly.
15. Make a conscious effort to accept people as they are without judgment.
16. Hold a door for someone today.
17. Each family member should call a loved one today just to say "hi" and check in.
18. Ask how someone is doing, then listen to any problems that person may have.
19. When someone makes a mistake today, don't criticize, instead encourage.
20. Offer to let someone go in front of you in line.
21. Make a conscious effort to smile at people.
22. Give a gift from your heart—maybe a handmade card, bouquet of flowers.
23. Say a prayer for someone today who needs it.
24. Offer to help a family member with a chore he or she normally does alone.
25. Say thank you for something someone does every day (i.e. Mom for making dinner).
26. Pick up your room without being asked.
27. Throw away trash for someone else.
28. Give someone a hug.
29. Carry someone else's backpack.
30. Give someone a hug.