

FAMILY CALENDAR

MONTH: OCTOBER

JOIN THE MOVEMENT!

This month, we're taking on the Kind 30 Challenge together!

Each time you complete one of the kind acts on your calendar, check it off. If you mark 10 or more by the end of the month, kids can bring the calendar back on the 26th or 29th for a prize.

Let's spread kindness everywhere we go, tag us in your photos @dunwoodykids!

Su	M	Tu	W	Th	F	Sa
			Help take the trash to the street on trash day 1	Everyone writes one thing they're thankful for that day, then share together. 2	Plan an early morning chalk attack and write a friendly message in your neighbor's driveway 3	Surprise a neighbor or friend with freshly baked treats 4
Set up a free hot chocolate or lemonade stand & take donations for your favorite charity 5	Hide a note or picture in your parent's car or bag 6 Write a kind note to someone you care about	Take treats and thank you notes to your local fire station 7	Hold the door open for classmates, friends, or people behind you 8	Tell your teachers how thankful you are for them 9 Send a gratitude email to a co-worker who deserves more recognition	Write a list of things you love about a family member and share it with them 10	Help wash the dishes after dinner 11 Mow the lawn or do yard work for a neighbor
Leave a treat and thank you note for your mail carrier 12	Give a friend having a hard day a hug 13 Pay for the person behind you in a drive-thru or coffee shop	Call a grandparent, aunt, or uncle to say hi 14	Share a special toy with a friend 15 Run an errand for a friend or family member	Make a thank you card or draw a picture for your teachers 16 Write a kind note to someone you care about	Sit with someone new at lunch 17 Invite new friends to dinner	Mail someone a card or letter 18
Leave flowers on a neighbor's doorstep 19	Throw out a friend's trash at lunchtime and help clean up after dinner 20 Pick up trash on your walk today	Clean up your toys without being asked 21 Call or Text someone just to encourage them	Give a compliment to a friend 22 Write a note to a senior adult	Invite someone to join you on a walk today 23	Tell someone how much you love them 24	Sort old toys and clothes and donate what you no longer use to a charity 25
Set the table for dinner 26 Let someone else go in front of you in line at the grocery store	Read a book to someone (your parents, or a sibling) 27	Tell a joke to make someone laugh 28	Lend someone your favorite book 29	Smile at everyone! It's contagious 30	Say "please" and "thank you" often 31	

