



ADULTS CALENDAR

MONTH: OCTOBER

**JOIN THE
MOVEMENT!**

Our world needs a little kindness these days, so join us in the Kind30 Challenge. Use these calendar prompts or ideas of your own to do an act of kindness each day this month.

| Su | M | Tu | W | Th | F | Sa |
|---|--|---|--|--|--|--|
| | | Let someone else go in front of you in line at the grocery store 1 | Invite someone to join a conversation and value their perspective 2 | Learn the name(s) of the security guard in your office and start calling them by name 3 | Send a gratitude email to a co-worker who deserves more recognition 4 | |
| Give someone a compliment 5 | Run an errand for a friend or family member 7 | Put your phone away when in a group of friends and just listen 7 | Help someone reach an item on a high shelf at the store 8 | Leave a really big tip for your server 9 | Smile intentionally, it's contagious 10 | Pay for the person behind you in a drive-thru or coffee shop 11 |
| Hold the door open for others 12 | Donate gently used books to shelters, libraries, or schools 13 | Buy your cashier a soft drink or a candy bar 14 | Write a note to a senior adult 15 | Donate activities (games, crafts, books) to an assisted living facility 16 | Volunteer at a local charity and take friends with you 17 | Pick up trash on your walk today 18 |
| Lend someone your favorite book 19 | Write a list of things you love about your spouse/partner and share it with them 20 | Make someone laugh 21 | Join the table with someone sitting alone 22 | Listen to someone who wants to be heard 23 | Write a kind note to someone you care about 24 | Spend time with a senior adult and just listen 25 |
| Invite new friends to dinner 26 | Send an encouraging message to someone who is going through a hard time 27 | Share candy or treats with the local fire or police station 28 | Invite someone to join you on a walk today 29 | Surprise a neighbor or friend with freshly baked treats 30 | Surprise a neighbor or friend with freshly baked treats 31 | |
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