

2020

52 WEEKS OF KINDNESS CALENDAR

| WEEK | ACT OF KINDNESS | <input checked="" type="checkbox"/> |
|------|---|-------------------------------------|
| 1 | Buy snacks for your coworkers | |
| 2 | Invite someone over for dinner | |
| 3 | Volunteer at an animal shelter | |
| 4 | Smile at a stranger | |
| 5 | Write a "thinking of you" letter | |
| 6 | Read to patients at a hospital | |
| 7 | Learn about someone else's culture | |
| 8 | Thank someone who normally is not thanked or noticed | |
| 9 | Pay for someone else's meal in a drive-through | |
| 10 | Help an elderly person | |
| 11 | Be kind to the earth | |
| 12 | Do something helpful for someone | |
| 13 | Give someone a compliment | |
| 14 | Cook an extra meal to give to someone else | |
| 15 | Send a thank you note to a service person | |
| 16 | Give away a book to someone who would appreciate it | |
| 17 | Tell someone you are proud of them/appreciate them | |
| 18 | Reconnect with an old friend | |
| 19 | Pull weeds for a neighbor | |
| 20 | Recycle something instead of throwing it away | |
| 21 | Walk or bike somewhere instead of using your car | |
| 22 | Donate food to a local animal shelter | |
| 23 | Start a tzedakah box (charity box) | |
| 24 | Bring a meal to new parents | |
| 25 | Donate Gatorade to first responders | |
| 26 | Donate a meal to a restaurant for the next person that comes in | |

| WEEK | ACT OF KINDNESS | <input checked="" type="checkbox"/> |
|------|--|-------------------------------------|
| 27 | Pay for someone's toll | |
| 28 | Leave supportive comments in a public area | |
| 29 | Say something kind to everyone you meet today | |
| 30 | Run an errand for someone | |
| 31 | Donate school supplies to a teacher or classroom | |
| 32 | Donate stuffed animals to the police and fire departments | |
| 33 | Become a pen pal to a person who has lost someone | |
| 34 | Write a thank you letter to someone who helped you | |
| 35 | Leave a kind note for someone to find | |
| 36 | Pick up litter in your neighborhood | |
| 37 | Volunteer at a food pantry or soup kitchen | |
| 38 | Donate to a good cause | |
| 39 | Be kind to yourself | |
| 40 | Buy coffee for a stranger | |
| 41 | Share a funny or inspirational video on social media | |
| 42 | Buy extra food and donate it to the local food bank | |
| 43 | Donate winter coats, hats, gloves, and mittens | |
| 44 | Write three things you are thankful for every day | |
| 45 | Turn off digital devices and engage with people around you | |
| 46 | Give a care package | |
| 47 | Shovel your neighbor's snow | |
| 48 | Show your appreciation to those who support you | |
| 49 | Support a local event | |
| 50 | Send someone flowers | |
| 51 | Make cookies for someone | |
| 52 | Collect donations for someone in need/a charity | |



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