

20 December acts of Kindness



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Give someone a compliment	2 SMILE	3 Thank an adult	4 Give someone a hug	5 Help a friend	6 Read a book to a younger child	7 Write someone a happy note or poem
8 MAKE SOMEONE LAUGH	9 <i>Say Hello to someone you don't know</i>	10 <i>Hold the door for someone</i>	11 Make a list of things you are thankful for	12 <i>Tell someone they did a good job</i>	13 <i>Cheer someone up</i>	14 Make a homemade gift for someone
15 Give someone a high five	16 Pick up garbage on the playground	17 <i>Invite someone to play</i>	18 Give away toys you don't use	19 Clean up a mess that isn't yours	20 <i>Wish someone Happy Holidays!</i>	



One small, thoughtful gesture can make someone else's day.

SJAM will be practicing acts of kindness for the 20 days of December we are in school, and encourage families to as well.

Any act of kindness no matter how big or small can make a difference—especially when done intentionally.

Here are 20 acts of kindness that you and your family can do together!
