



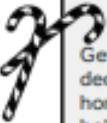





DECEMBER 2022

make
kindness
the norm.



SUN	MON	TUE	WED	THU	FRI	SAT
<p>NOVEMBER</p> <p>S M T W Th F S</p> <p>30 31 1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 1 2 3</p> <p>4 5 6 7 8 9 10</p>	<p>JANUARY</p> <p>S M T W Th F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31 1 2 3 4</p> <p>5 6 7 8 9 10 11</p>	29	30	<p>Rosa Parks Day</p> <p>1</p> <p>FREE DAY! How can you show courage today?</p>	<p>2</p> <p>Create a Kindness Tree and ask family and friends to decorate it with ornaments that have notes attached of a kind act they did.</p>	<p>3</p> <p>Make a Gift Day</p> <p>Create handmade holiday gifts for friends, family and co-workers.</p>
<p>4</p> <p>Send an unexpected, handwritten postcard or letter to a loved one.</p> 	<p>5</p> <p>Talk to the person sitting by themselves at a party.</p> 	6	<p>7</p> <p>Letter Writing Day</p> <p>Join Soldiers' Angels and send a holiday care package to a deployed service member.</p>	8	9	<p>10</p> <p>Human Rights Day</p> <p>Donate to a global charity of your choice.</p>
<p>11</p> <p>Invite some friends or family members to a fun night out at an Escape Room.</p>	<p>12</p> <p>Try a new hobby such as beading or jewelry making.</p> 	13	14	<p>15</p> <p>Purchase a Christmas tree for a family that can't afford one.</p> 	<p>16</p> <p>Hand out candy canes along with a smile or a note wishing the recipient a joyful holiday season.</p> 	<p>17</p> <p>Get festive and decorate your home for the holidays.</p>
<p>18</p> <p>Leave unused coupons next to the corresponding products at the grocery store.</p> 	<p>19</p> <p>Help a neighbor shovel snow or complete a household chore.</p> 	20	<p>21</p> <p>Ugly Sweater Day / 1st Day of Winter</p> <p>Host an ugly sweater day party at work.</p>	22	23	<p>24</p> <p>Christmas Eve</p> <p>Open your home for the holidays. Invite neighbors and friends over for drinks or dessert.</p>
<p>25</p> <p>Gift a loved one an experience rather than a material gift.</p>	26	27	28	<p>29</p> <p>Donate towels or blankets to an animal shelter.</p> 	30	<p>31</p> <p>New Year's Eve</p> <p>Write a list of goals you would like to accomplish in your life.</p>