December 2023
KINDNESS

In a world full of ups and downs,
Kindness is a smile that erases frowns.
It's lending a hand when someone's in need,
A small act of love, indeed.
With kindness, we build bridges, not walls,
Spreading warmth and compassion through our halls.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 I will be kind every day, spreading joy and positivity.	**2** I will treat everyone with respect, regardless of our differences.
3 I believe in the power of small acts of kindness to create big impacts.	**4** I am a helper, offering assistance and support to those who need it.	**5** I use my words to build others up rather than tear them down.	**6** I will smile because it brightens someone's day.	**7** I will make sure everyone feels welcome and valued.	**8** I matter.	**9** I choose kindness even when it's not reciprocated.
10 Say, Please and Thank You.	**11** I am an agent of change, perform small acts of kindness.	**12** Speak to new person today, they may become a good friend.	**13** Forgive someone who has done you wrong.	**14** Be grateful, pay to forward with an act of kindness.	**15** Hold the door for someone.	**16** Give a sincere compliment to someone.
17 I will smile and say "hello" to at least three people every day.	**18** I will offer help to someone who looks like they could use a hand.	**19** I will write a kind note to brighten someone's day.	**20** I will apologize if I make a mistake.	**21** I will pick up trash or organize a clean-up activity.	**22** I will invite someone new to sit with me during lunch or join my group.	**23** I will donate toys or books I no longer use to those in need.
24 I will offer my seat to someone who needs it more than I do.	**25** I will participate in community service to make a difference.	**26** I will use positive and encouraging words when talking to others.	**27** I will offer to be a study buddy and help someone prepare for a test.	**28** I will choose to forgive and let go of grudges.	**29** I will write a thank-you note to share your appreciation.	**30** Offer a listening ear or a shoulder to lean on for a friend in need.
31 I will encourage someone to try something new.						

Kindness is being warm and compassionate towards others. When you're kind, you treat others with empathy, understanding, and respect, regardless of their differences. It's about extending a helping hand and showing genuine care for those in need. Kindness is also about embracing inclusivity, making sure that everyone feels welcome and valued in our communities. It's the small acts of kindness, like a smile, a kind word, or a listening ear, that can make a big difference in someone's day. Ultimately, kindness is about creating a world where love and understanding thrive, and where we can all support and uplift one another.