



“How do we change the world? One random act of kindness at a time”  
 – MORGAN FREEMAN

# DECEMBER

# 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ask an acquaintance how their family celebrates the holidays 1	Remind yourself that everyone has their own struggles & cut someone some slack 2	Donate what you can to an online fundraiser <b>Giving Tuesday</b> 3	Research a scientific topic that interests you 4	Tie scarves around trees for a cold stranger 5	Tidy up a store's dressing room before leaving 6	Tell a manager about outstanding customer service 7
Slip a \$5, \$10, or \$20 bill into a box of diapers 8	Give a note from Santa to a child you know 9	Research a cause & pass on the knowledge you gain to others <b>Human Rights Day</b> 10	Purchase something for someone in need on a public wishlist 11	Donate toys to a children's hospital and/or homeless shelter 12	Put candy canes on car doors in a parking lot 13	Make someone a homemade blanket or scarf 14
Offer to cook a meal for a family that just had a baby 15	Remind yourself that everyone has their own struggles & cut someone some slack 16	Donate what you can to an online fundraiser <b>Giving Tuesday</b> 17	Reuse or personalize gift wrap to reduce waste during the holidays 18	Re-fold the rumpled clothes on store display tables 19	Be understanding of traveling parents with grumpy / noisy kids 20	Say yes to the cashier next time they ask if you want to donate \$1 to whichever cause 21
Start a conversation with a stranger while waiting in line 22	Invite someone whose family is faraway to have dinner with yours <b>Hanukkah</b> 23	Call someone in your family you haven't seen in awhile <b>Christmas Eve</b> 24	Give sincere, handwritten thank you notes to all that made your holiday special <b>Christmas</b> 25	Take a picture with your family to send to an older relative <b>Kwanzaa</b> 26	Donate some of the presents you got but don't need to an orphanage 27	When you use a gift card, tell the cashier to apply the leftover balance to the next person in line 28
Offer to help your neighbor shovel snow 29	Compliment your neighbor's holiday lights and/or decorations 30	Reflect everything you accomplished this year & take time to be grateful <b>New Year's Eve</b> 31				