

# Kindness Challenge Calendar

## The Heart of the Kindness Challenge

Imagine a world where every person chooses kindness, where simple acts of compassion lift families, friends, and even strangers. The Kindness Challenge is my invitation to you so, together, we make this vision a reality. Whether you're young or old, the challenge encourages everyone to go beyond being nice and become a force for good in their community. But where did this powerful idea come from?

### The Night Before PAWmas

It all began with the writing of the Night Before PAWmas, a story of Daisy Mae, a Shia-Poo, and Lilly Rose, a Miniature Schnauzer, learning about kindness, empathy, and understanding from Santa PAWS. In a magical story, Santa PAWS helps Daisy Mae and Lilly Rose to cherish all creatures great and small and understand how kindness can transform someone's day. Their lessons remind us that being thoughtful and caring is both fun and profound, setting the stage for the Kindness Challenge that now reaches far beyond their story.

### Teachings on Kindness and Compassion All Around

The roots of kindness run deep in my life. I remember my grandparents telling me to "First, be kind." Kindness is also found throughout the Bible, where Jesus taught how love and compassion are the greatest gifts we can share. "Love your neighbor as yourself" (Mark 12:31) is a powerful reminder that caring for others is central to a life well-lived. Jesus' actions show that kindness isn't for special occasions. Instead, it's a daily practice, extended to family, friends, and even strangers. By choosing kindness, we follow in His footsteps, opening our hearts and hands to those around us.

### Your Invitation to the Kindness Challenge

The Kindness Challenge is more than an activity! It's a movement inspired by stories, science, and faith. As you take part, remember the lessons that Santa PAWS taught Daisy Mae and Lilly Rose: that every act of kindness, no matter how small, has the power to transform lives, starting with your own. Let's work together to spread joy, compassion, and hope. Will you accept the challenge today?

# Kindness Challenge Calendar

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Week 1</b>	<b>Self:</b> Dance a silly dance. <b>Others:</b> Put your phone down when talking to others.	<b>Self:</b> Draw a picture of a proud moment. <b>Others:</b> Write a message on the sidewalk with chalk.	<b>Self:</b> List your strengths. <b>Others:</b> Tell someone what you respect about them.	<b>Self:</b> Give yourself a hug. <b>Others:</b> Call someone you haven't talked to in a while.	<b>Self:</b> Be present in the moment and watch the clouds. <b>Others:</b> Make someone a meal.	<b>Self:</b> Name a positive feeling you have. <b>Others:</b> Listen with the intent to understand, not interrupt.	<b>Self:</b> Fill a jar with kind acts performed and read them next month. <b>Others:</b> Tell someone why they are awesome.
<b>Week 2</b>	<b>Self:</b> Say I am enough. <b>Others:</b> Give 5 smiles.	<b>Self:</b> Write yourself a note. <b>Others:</b> Say Thank You 3 times.	<b>Self:</b> Take a break for 4x4 breaths. <b>Others:</b> Give 3 compliments.	<b>Self:</b> Write down how you feel. <b>Others:</b> Tell 3 people they are important.	<b>Self:</b> Tell someone how you feel after being kind. <b>Others:</b> Ask 5 people how they are doing.	<b>Self:</b> Remind yourself of a proud moment. <b>Others:</b> Say "I love you because ..." to someone.	<b>Self:</b> Celebrate your progress. <b>Others:</b> Perform 3 acts of kindness.
<b>Week 3</b>	<b>Self:</b> Take a deep breath before you act. <b>Others:</b> Ask 3 people how you can help them.	<b>Self:</b> Tell yourself why you matter. <b>Others:</b> Tell someone how they made your day.	<b>Self:</b> Look in the mirror and say: "I'm a good person". <b>Others:</b> Lend a helping hand.	<b>Self:</b> Stretch for 5 minutes. <b>Others:</b> Ask 3 people 3 questions about themselves.	<b>Self:</b> Sing along with a song. <b>Others:</b> Talk to someone about their hopes and dreams.	<b>Self:</b> Be honest with yourself. <b>Others:</b> Treat others how they want to be treated.	<b>Self:</b> Tell yourself that you forgive yourself. <b>Others:</b> Tell others that you forgive them for past mistakes.
<b>Week 4</b>	<b>Self:</b> Start today with "I will ...". <b>Others:</b> Share a snack or treat with someone.	<b>Self:</b> Listen to happy music. <b>Others:</b> Include others in your fun.	<b>Self:</b> Practice saying "no". <b>Others:</b> Tell someone why they make you happy.	<b>Self:</b> Learn something new today. <b>Others:</b> Write someone a kind note.	<b>Self:</b> Set small goals and celebrate them. <b>Others:</b> Validate their feelings.	<b>Self:</b> Write down what you accomplished today. <b>Others:</b> Offer help before they ask.	<b>Self:</b> Read the kind action notes you took. <b>Others:</b> Be the light in their day

