



A KINDNESS A DAY

MARCH 2020

THEME:
Human Dignity
Kavod Habriyot



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Make certain that people in your community are given the honor that is due to them.	2 Speak about human injustice through various media: social media, rallies, newspapers or conversations.	3 If you see someone being bullied or picked on, stand up for human dignity and say something.	4 Take a stand even if it means being bold. Resign from a job where you are not treated well.	5 Be especially kind to others today, not because you have to, but because you genuinely believe in kindness towards others.	6 Host a workout class, and donate proceeds to fight cancer.	7 Respect someone else's privacy.
8 Attend a rally for a human right that you feel passionate about, whether it is the right to life, to food or to work.	9 Be honest, and tell someone when you don't believe they are being honest with you.	10 On Purim, we have an obligation to give to the poor. Whoever asks for money today, don't turn them away, and instead give it to them happily!	11 Anonymously donate money or clothing to someone in need, so as not to embarrass them for needing the assistance.	12 Avoid using derogatory language toward others today.	13 Advocate for prisoners who have received unjust and overly lengthy prison sentences.	14 Today, be mindful of the words you use to avoid embarrassing others.
15 Without acting selfish, respect yourself today. Human dignity is also about giving honor to yourself.	16 Attend an asylum rally for refugees.	17 Donate hair to an organization that makes wigs for people with cancer or long-term medical hair loss to support their dignity.	18 Give respect to someone who is different from you.	19 Attend or host an event that raises awareness for abused men, women and children. Donate proceeds to a shelter for abused victims.	20 Go to a local playground and help make certain that the kids each get their fair turns.	21 Accept a mistake that someone else has made, and help them see the good.
22 Take the extra few minutes to do a background check on the items you buy today to ensure they are not produced by means of child labor.	23 Stand up for the forty million people enslaved worldwide and give them the respect and freedom they deserve. Organize an awareness event for modern slavery.	24 Whether it is your parent, spouse, child, friend or colleague, show honor and respect to a person that you look up to and admire.	25 Donate diapers, clothing, car seats, hygiene products and any other necessities to Child Protective Services.	26 Donate to a friend's fundraising campaign anonymously.	27 Today, be extra mindful to be kind to people of all races, religions, ethnicities and genders.	28 Try not to push someone into saying or doing something that he is not comfortable with.
29 Promote a safe and comfortable zone in your workplace by making sure all comments and ideas are received with respect and dignity.	30 In an argument, make room for the other person to speak.	31 Fill a doggy bag of leftovers and give it to the first person you see who needs it.				