

A KINDNESS A DAY 365 WAYS TO MAKE THE WORLD A BETTER PLACE

THEME:
Mercy
Rachmanut

FEbruary 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Be a shoulder to cry on for those going through a hard time.	2 Truly support someone and be there for them in their time of need.	3 Try to help your teacher by setting an example of good behavior.	4 Put together a self-care basket and send it to someone going through a difficult time.	5 Lend a helping hand when you see someone struggling with a heavy load.	6 Let a sibling hang out with your friends.
7 Give up your seat on the bus to someone who is elderly or handicapped.	8 Do not jump to conclusions. Give someone the benefit of the doubt.	9 Smile at everyone you come in contact with and try to brighten up their day.	10 Send an encouraging note to someone who needs uplifting.	11 Visit residents of nursing homes who have no family to visit them.	12 Sit next to someone on the bus who usually sits alone.	13 Stick up for someone even when they are not around.
14 Forgive someone who has done you wrong and let go of the anger and resentment towards them.	15 Donate shoes, boots and warm clothes to a homeless shelter.	16 Send uplifting cards to lonely soldiers.	17 Actively listen to what others say without judging them.	18 Donate a small amount of money to grant a wish of a foster youth.	19 Walk up to someone who looks lonely and let them know that you are there for them.	20 Visit someone in your community with special needs and take them on a walk.
21 Deliver balloons and toys to a children's hospital.	22 Look at life through someone else's eyes and see their perspective.	23 Allow someone to merge into your lane.	24 Phone someone going through a difficult time and genuinely listen to them.	25 Take part in a literacy program to help children learn to read.	26 Send a condolence letter to someone who has recently lost a loved one.	27 Give someone a second chance.
28 Donate canned or boxed food to a soup kitchen.						