

During Older Americans' Month, Join our Campaign of Kindness

May 2013

31 DAYS – 31 WAYS TO BE KIND

kindness
MATTERS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Start now—stop procrastinating!	2 Make a new friend.	3 Share a good book.	4 Create your family tree.
5 Give someone a flower.	6 Leave a kind note for a friend.	7 Say hello to your neighbors.	8 Call or visit someone who is sick.	9 Laugh out loud often.	10 Be courteous to someone you dislike.	11 Say something nice to someone.
12 Write a thank you note.	13 Be a friend who listens.	14 Thank your mail carrier.	15 Give someone a hug.	16 Eat lunch with someone new.	17 Renew a friendship.	18 Forgive someone.
19 Call an old friend.	20 Say something nice about someone.	21 Share your smile generously.	22 Share an inspiring quote.	23 Cheer up a friend.	24 Speak kindly.	25 Be patient when waiting in line.
26 Be grateful.	27 Learn something new.	28 Stop negative conversations.	29 Be considerate of others.	30 Be generous with compliments.	31 Say thank you to someone for a kindness.	

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