My kindness calendar

Ages 3–5

Name _____

1  Say thank you	2  Help set the table	3  Water the plants	4  Share a toy	5  Bake cookies and give some away	6  Draw a picture for someone you love
7  Toys away without being asked	8  Match the socks	9  Give someone a big hug	10  Food for the birds	11  Clothes in the hamper	12  Call your grandparents
13  Choose a toy to give away	14  Carry a shopping bag	15  Wipe the table	16  Sing a song for someone	17  Line up the shoes	18  Bring someone some water
19  A card for a neighbor	20  Help a grown-up cook	21  Wave hello to a neighbor	22  Hold the door open	23  Help make the beds	24  Help without being asked
Swap card Busy day? Say a big thank-you to someone.	Swap card Busy day? Say a big thank-you to someone.	My own idea	My own idea	Hang it up and color in the number when you've done it. Or cut out the cards and put one in each envelope.	

Read the card in the morning and do it during the day. Thank your child, no sweet needed.



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Grown-ups: try the Habibee app. Kids earn honey for their tasks and trade it for rewards.

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My kindness calendar

Ages 6–8

Name _____

1  Set and clear the table	2  Give someone a compliment	3  Empty the dishwasher	4  Read a story to someone	5  Make a card for someone	6  Help cook a meal
7  Sort the recycling	8  Hide a kind note	9  Unpack the groceries	10  Help a brother, sister or friend	11  Water the plants	12  Call your grandparents
13  Sort toys to give away	14  Fold the laundry	15  Let someone else choose the game	16  Thank a teacher or coach	17  Fill the bird feeder	18  Feed the pet
19  Bake something for a neighbor	20  A drawing for someone lonely	21  Teach someone a game	22  Put away everyone's shoes and coats	23  Help without being asked	24  One nice thing about each person
 Swap card Busy day? Say a big thank-you to someone.	 Swap card Busy day? Say a big thank-you to someone.	 My own idea	 My own idea	 Hang it up and color in the number when you've done it.  Or cut out the cards and put one in each envelope.	

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My kindness calendar

Ages 9–12

Name _____

1  Load or empty the dishwasher	2  Compliment someone's effort	3  Take out the trash and recycling	4  Help a younger child read	5  Cook a meal for the family	6  Write to a grandparent
7  Wash the dishes	8  Full attention, phone away	9  Fold and put away the laundry	10  Walk or play with the pet	11  Thank-you note to a teacher	12  Bake for a neighbor
13  Sort clothes and toys to donate	14  Change your bed sheets	15  Make breakfast for someone	16  Play a game with a younger child	17  Help without being asked	18  Call a relative
19  Sweep or rake for a neighbor	20  Food for a food bank	21  Teach someone a skill	22  Clean the bathroom sink	23  A happy playlist for someone	24  Five kind things people did for you
 Swap card Busy day? Say a big thank-you to someone.	 Swap card Busy day? Say a big thank-you to someone.	 My own idea	 My own idea	 Hang it up and color in the number when you've done it.  Or cut out the cards and put one in each envelope.	

Read the card in the morning and do it during the day. Thank your child, no sweet needed.





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