

MAY *Kindness* CALENDAR

Complete each of the below tasks and put a little extra love and kindness into your home! Use the heart days to play catch up on any days you missed. Parents are encouraged to reward a completed calendar.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Look up the definition of the word compassion and talk about it with your family
2 Donate clothes/books/toys	3 Spend time with your pet and offer extra love	4 Say an apology where one is needed	5 	6 Call a grandparent or senior relative just to say hi	7 Read a book with someone you love (human or pet)	8 Draw a cheerful message outside with chalk for your neighbors to see or hang a message on your front door
9 	10 Give a compliment to everyone in your home...and make sure you mean it	11 Help prepare a meal, set the table, or clean up the dishes	12 Write a list of 5 things you are grateful for	13 Write a letter to a friend telling them how much they mean to you and mail it	14 Give a family member in your home an extra hug	15 Make someone laugh
16 Look up the definition of the word empathy and talk about it with your family	17 Write a letter to a VBSPCA adoptable animal and mail it to us to read to them	18 	19 Do a chore without being asked	20 Ask someone how they are feeling	21 Draw a VBSPCA adoptable animal and share it with us to help find them a home	22 
23 Give someone a compliment	24 Make a homemade dog/cat treat or toy	25 Ask a family member how you can be helpful, and then lend a hand	26 Learn 5 fun facts about your favorite animal	27 	28 Look up the definition of the word respect and talk about it with your family	29 Write a thank you card to the nurses and doctors for keeping us safe

30 Write a note to a family member telling them how much you appreciate them

31 Be Kind To Yourself List 5 things about YOU that make you awesome

To submit your video and letter to the VBSPCA, email humaneeducation@vbspca.com. If you share photos or comments about your calendar progress on social media, make sure to tag us @vbspca and #VBSPCAKindnessCalendar.

