

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 Give someone in your family a hug	2 Draw a cheerful message outside with chalk for your neighbors to see or hang a message on your front door	3 Make a homemade dog/cat treat or toy	4 Write a note to a family member telling them how much you appreciate them	5 Learn 5 fun facts about your favorite animal	6 	7 Look up the definition of the word compassion and talk about it with your family
8 Donate clothes/books/toys	9 Spend time with your pet and offer extra love	10 Say an apology where one is needed	11 	12 Call a grandparent or senior relative just to say hi	13 Read a book with someone you love (human or pet)	14 Go on a litter scavenger hunt with your family
15 	16 Give a compliment to everyone in your home...and make sure you mean it	17 Help prepare a meal, set the table, or clean up the dishes	18 Write a list of 5 things you are grateful for	19 Look up the definition of the word respect and talk about it with your family	20 Give a family member in your home an extra hug	21 
22 Look up the definition of the word empathy and talk about it with your family	23 Write a letter to a VBSPCA adoptable animal and mail it to us to read to them	24 	25 Do a chore without being asked	26 Ask someone how they are feeling	27 Draw a VBSPCA adoptable animal and share it with us to help find them a home	28 Paint kind words on rocks and leave them in a place where people will see
29 Give someone a compliment	30 Ask a family member how you can be helpful, and then lend a hand	31 Be Kind To Yourself List 5 things about YOU that make you awesome				

You can email your letters to humaneeducation@vbspca.com. If you share photos or comments about your calendar progress on social media, make sure to tag us @vbspca and #VBSPCAKindnessCalendar.

