






# 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
	<b>1</b> Draw a cheerful message outside with chalk for your neighbors to see or hang a message on your front door	<b>2</b> Make a homemade dog/cat treat or toy	<b>3</b> Write a note to a family member telling them how much you appreciate them	<b>4</b> Learn 5 fun facts about your favorite animal	<b>5</b> 	<b>6</b> Look up the definition of the word compassion and talk about it with your family
<b>7</b> Donate clothes/books/toys	<b>8</b> Spend time with your pet and offer extra love	<b>9</b> Write a letter to your teacher about why you like class	<b>10</b> 	<b>11</b> Call a grandparent or senior relative just to say hi	<b>12</b> Read a book with someone you love (human or pet)	<b>13</b> Go on a litter scavenger hunt with your family
<b>14</b> 	<b>15</b> Give a compliment to everyone in your home...and make sure you mean it	<b>16</b> Help prepare a meal, set the table, or clean up the dishes	<b>17</b> Write a list of 5 things you are grateful for	<b>18</b> Look up the definition of the word respect and talk about it with your family	<b>19</b> Give a family member in your home an extra hug	<b>20</b> 
<b>21</b> Look up the definition of the word empathy and talk about it with your family	<b>22</b> Write a letter to a VBSPCA adoptable animal and mail it to us to read to them*	<b>23</b> 	<b>24</b> Do a chore without being asked	<b>25</b> Ask someone how they are feeling	<b>26</b> Help feed or walk your pet	<b>27</b> Paint kind words on rocks and leave them in a place where people will see
<b>28</b> Give a friend a compliment	<b>29</b> Ask a family member how you can be helpful, and then lend a hand	<b>30</b> Be Kind To Yourself List 5 things about YOU that make you awesome	<b>31</b> Share a toy with a sibling or friend			

\*Email your letters to [humaneeducation@vbspca.com](mailto:humaneeducation@vbspca.com).  
If you share photos or posts about your calendar progress on social media, tag us with [@vbspca](https://www.instagram.com/vbspca) and [#VBSPCAKindnessCalendar](https://www.instagram.com/vbspca)

