






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 Write a note to a family member telling them how much you appreciate them	2 Help someone carry their items	3 	4 Look up the definition of the word compassion and talk about it with your family
5 Donate clothes/books/toys	6 Draw a cheerful message outside with chalk for your neighbors to see or hang a message on your front door	7 Write a letter to your teacher about why you like class	8 	9 Call a grandparent or senior relative just to say hi	10 Read a book with someone you love (human or pet)	11 Spend time with your pet and offer extra love
12 	13 Give a compliment to everyone in your home...and make sure you mean it	14 Help prepare a meal, set the table, or clean up the dishes	15 Write a list of 5 things you are grateful for	16 Look up the definition of the word respect and talk about it with your family	17 Give a family member in your home an extra hug	18 
19 Look up the definition of the word empathy and talk about it with your family	20 Write a letter to a VBSPCA adoptable animal and mail it to us to read to them*	21 	22 Do a chore without being asked	23 Make a card for a neighbor	24 Help feed or walk your pet	25 Make bookmarks and give them to a library
26 Give a friend a compliment	27 Ask a family member how you can be helpful, and then lend a hand	28 Be Kind To Yourself List 5 things about YOU that make you awesome	29 Share a toy with a sibling or friend	30 Make a homemade dog/cat treat or toy	31 Clean up a mess you didn't make	

*Email your letters to 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)

