

Kindness for Christopher *Kindness Calendar*

December 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>"Keep your head up and stay confident!" "You will never regret being KIND" #kindnessforchristopher</p>				<p>1 Hold the door for someone</p>	<p>2 Say hello to every person you pass</p>	<p>3 Make someone laugh</p>
<p>4 Give a hug</p>	<p>5 Leave a kindness rock for someone to find with a kind message</p>	<p>6 Let a relative know you care about them</p>	<p>7 Share your lunch or snack with someone</p>	<p>8 Draw happy pictures/kind notes for someone to find</p>	<p>9 Find something to light up someone's day</p>	<p>10 Donate something to someone in need (toy, blood, money)</p>
<p>11 Give clothes to charity</p>	<p>12 Do something nice for a neighbor</p>	<p>13 Bake a homemade treat for someone</p>	<p>14 Help an animal donate food/blankets to shelter</p>	<p>15 Volunteer one hour to help a person or nonprofit</p>	<p>16 Make someone smile</p>	<p>17 Help someone in need</p>
<p>18 Help around the house, clean up a mess you didn't make</p>	<p>19 Send food to local Police, Fire or EMS</p>	<p>20 Write a kind card/note to someone who has impacted your life</p>	<p>21 Find ways to smile or make someone else smile</p>	<p>22 DONATE BLOOD Kindness for Christopher Blood Drive Courtyard Marriott Mt. Arlington, NJ</p>	<p>23 Let someone go ahead of you in line</p>	<p>24  It's Kindness for Christopher Day Be one of a KIND</p>
<p>25 Have a "cellphone free" night with the family... Spend quality time with loved ones</p>	<p>26 Search for kindness in everyone</p>	<p>27 One kind word can change someone's entire day</p>	<p>28 Appreciate the people around you</p>	<p>29 Call someone just to tell them you love them</p>	<p>30 Treat yourself, be kind to yourself, make yourself happy</p>	<p>31 Make a list of what you are thankful for and continue your kindness in 2017</p>

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Christopher P. D'Amico, Jr. 2005-2015