

RANDOM ACTS OF KINDNESS CALENDAR

December 2018

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

The Library is promoting kindness this December!

Changing a person's life for the better can happen with one positive connection with just one person. Being kind can also lead to your own increased happiness. Learn more at www.betheoneyolo.org. Pick up a Random Acts of Kindness calendar and share your kind acts on social media with #BeKindYolo. Follow along on the Library's Facebook page. Share and inspire others!

1

Be gossip free.

2

Make a meal for a neighbor.

3

Be kind online.

4

Help out someone at work or school.

5

Give a compliment.

6

Help someone learn something new.

7

Reach out to victims of bullying.

8

Smile and say hello to your neighbors.

9

Use social media to support a cause.

10

Donate to those in need.

11

Pick up litter.

12

Tutor someone.

13

Welcome someone new.

14

Help someone facing a personal struggle.

15

Introduce your pets to neighbors.

16

Volunteer.

17

Send someone a card.

18

Stand up for someone.

19

Learn the history of your community.

20

See conflict as opportunity for positive change.

21

Find a cause you're passionate about.

22

Offer to listen to someone.

23

Keep all comments positive for a day.

24

Have face time during meals.

25

Be present. Stop, look and really listen to one another.

26

Visit a friend.

27

Raise awareness about an issue in your community.

28

Spend time with a child in your life.

29

Write a letter to someone who inspired you.

30

Invite your neighbors over.

31

Be kind to yourself. Eat nutritious foods. Get enough sleep. Exercise. Breathe.



YOLO COUNTY LIBRARY
We connect people and ideas