



Random Acts of Kindness Calendar

December 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Learn how to sign Thank You in ASL	2 Stand up for someone	3 Support a local business	4 Donate to the Yolo Food Bank	5 Give a compliment
6 Practice empathy	7 Let someone know you care	8 Donate blood: aabb.org/home	9 Draw or sew a smile on a mask	10 Reach out to a family member	11 Spend time playing with a pet	12 Reach out at Love For Our Elders
13 Draw positive messages in chalk	14 Have a virtual lunch with a friend	15 Write a letter of gratitude	16 Donate to the Yolo County SPCA	17 Make someone laugh	18 Practice mindfulness	19 Run errands for a neighbor
20 Order a meal for someone in need	21 Spend time in nature	22 Give someone a chance to vent	23 Do something nice for someone	24 Share a book recommendation	25 Leave happy faces in random places	26 Listen to your favorite song
27 Thank essential workers	28 Support your favorite charity	29 Do something that makes you smile	30 Check in with your neighbors	31 Believe in yourself!		

- Smile
- Care
- Listen
- Share

SPREAD KINDNESS THIS DECEMBER!

Small acts of kindness and generosity can have a big impact. Challenge yourself to “Be the One” for others by smiling, listening, caring, and sharing all month long. Try out these examples for creating safe connections during the pandemic, or make up your own. For more information on building caring and resilient communities, visit btocalifornia.org.



Suggested Resources for Kindness Month

EARLY LEARNERS

Be Kind by Pat Zietlow Miller. 2018. E MIL

The Big Umbrella by Amy June Bates. 2018. E BAT

Each Kindness by Jacqueline Woodson. 2012. E WOO

Finding Kindness by Deborah Underwood. 2019. E UND

Horton Hears a Who!. DVD J HORTON

I Walk with Vanessa by Kerascoët. 2018. E KER

If You Plant a Seed by Kadir Nelson. 2015. E NEL

Last Stop on Market Street by Matt de la Peña. 2015. E DEL

Pete the Cat's Groovy Guide to Kindness by Kim Dean. 2020. E DEA

The Starkeeper by Faith Pray. 2020. E PRA

Superbuns!: Kindness is Her Superpower by Diane Kredensor. 2019. E KRE

Thank You, Omu! by Oge Mora. 2018. E MOR

When We Are Kind by Monique Gray Smith. 2020. E GRA

Zootopia. DVD J ZOOTOPIA

CHILDREN

The BFG. DVD J BFG

Charlotte's Web by E. B. White. 1952. J WHITE

Counting by 7s by Holly Goldberg Sloan. 2013. J SLOAN

El Deafo by Cece Bell. 2014. JB BELL

Fish in a Tree by Lynda Mullaly Hunt. 2015. J HUNT

Front Desk by Kelly Yang. 2018. J YANG

Ghost by Jason Reynolds. 2016. J REYNOLDS

Hello, Universe by Erin Entrada Kelly. 2017. J KELLY

The Hundred Dresses by Eleanor Estes. 1944. J ESTES

Number the Stars by Lois Lowry. 1989. J LOWRY

Save Me a Seat by Sarah Weeks and Gita Varadarajan. 2016. J WEEKS

Wishtree by Katherine Applegate. 2017. J APPLGATE

Wonder by R. J. Palacio. 2012. J PALACIO

Up. DVD J UP

TEENS

Dancing in Jaffa. DVD 793.33 DAN

Far from the Tree by Robin Benway. 2017. YA BENWAY

Finding Audrey by Sophie Kinsella. 2015. YA KINSELLA

Freak the Mighty by W. R. Philbrick. 2013. YA PHILBRICK

Freedom Writers. DVD FIC FREEDOM

How to Save a Life by Sara Zarr. 2011. YA ZARR

I am the Messenger by Markus Zusak. 2005. YA ZUSAK

Just Mercy: Adapted for Young Adults: A True Story of the Fight for Justice by Bryan Stevenson. 2018. YA 353.48092 STE

A Long Walk to Water by Linda Sue Park. 2010. YA PARK

Speak by Laurie Halse Anderson. 1999. YA ANDERSON

Stargirl by Jerry Spinelli. 2000. YA SPINELLI

Together at Midnight by Jennifer Castle. 2018. YA CASTLE

ADULTS

The Age of Empathy: Nature's Lessons for a Kinder Society by Fran de Waal. 2009. 156.241 WAA

Amelíe. DVD FR FIC AMELIE

The Book of Joy: Lasting Happiness in a Changing World by His Holiness the Dalai Lama and Archbishop Desmond Tutu. 2016. 294.3444 BST

Books for Living by Will Schwalbe. 2017. 028.9 SCH

How to be a Good Creature: A Memoir in Thirteen Animals by Sy Montgomery. 2018. 590 MON

How to Raise Kind Kids by Thomas Lickona. 2018. 649.7 LIC

The Kindness Cure: How the Science of Compassion Can Heal Your Heart and Your World by Tara Cousineau. 2018. 177.7 COU

Letter to My Daughter by Maya Angelou. 2008. B ANGELOU

Radical Kindness: The Life-Changing Power of Giving and Receiving by Angela C. Santomero. 2019. 177.7 SAN

Won't You Be My Neighbor? DVD B ROGERS