



# 31 DAYS OF KINDNESS

## Family & Friends



1 <i>Send a handwritten letter to a sibling.</i>	2 <i>Call a grandparent and listen to a life story.</i>	3 <i>Gift a picture frame with a memorable photo to a friend.</i>	4  <i>Smile</i>	5  <i>Send flowers to a parent.</i>	6 <i>Gift an inspiring book to a friend.</i>	7 <i>Cook a meal for a parent.</i>
8  <i>Smile</i>	9 <i>Ship a care package to a friend or sibling.</i>	10 <i>Put a kind note on a coworker's desk.</i>	11 <i>Map out your family tree and share it with them.</i>	12  <i>Smile</i>	13 <i>Text a parent good morning.</i>	14 <i>Clean a family member's car.</i>
15  <i>Send flowers to a friend.</i>	16  <i>Smile</i>	17 <i>Hide a nice note in a friend's agenda.</i>	18 <i>Offer yourself as a reference for a friend's job search.</i>	19 <i>Place a kind note in a friend's or significant other's lunch.</i>	20  <i>Smile</i>	21 <i>Teach a younger family member a new skill.</i>
22 <i>Make friends with someone new.</i>	23 <i>Bring your favorite treat into the break room.</i>	24  <i>Smile</i>	25 <i>Complete chores for a family member.</i>	26 <i>Offer to run errands with a friend.</i>	27 <i>Send a funny joke to a family member.</i>	28  <i>Send flowers to your kids.</i>
29  <i>Smile</i>	30 <i>Share a happy song with a friend.</i>	31 <i>Pick up groceries for a family member.</i>	<i>“Treat your family like friends and your friends like family.”</i> — UNKNOWN		NOTES: ..... ..... ..... .....	