Do Good DECEMBER 2020

EUREKA PUBLIC LIBRARY

S	M	T	W	T	F	S
		1 Learn to say "I love you" in a new language	2 Make a bird seed feeder (pine cone + peanut butter + seed)	3 Contact someone you can't be with to see how they are	4 Give kind comments to as many people as possible today	5 Make a homemade gift for someone special
6 Support a charity, cause, or campaign you really care about	7 Put up signs with kind messages in your windows	8 Buy an extra item and donate it to a local food bank	9 Paint a "Kindness Rock" and leave it where someone can find it	10 Move a neighbor's newspaper to their front doorstep	11 Do something helpful for a friend or family member	12 Write a letter to someone who helps in your community
13 Add some books to a Little Free Library	14 Notice when you're hard on yourself or others and be kind instead	15 Take a nature walk with your family	16 Make a thank you card for an essential worker	17 Buy locally and support independent shops near you	18 Read a book to a family member or pet	19 Do a chore without being asked
20 Write down three things you love about yourself	21 Let someone else choose the tv show / game / activity	22 Congratulate someone for an achievement that may go unnoticed	23 Draw a picture for someone	24 Turn off digital devices and really listen to people	25 Treat everyone with kindness today, including yourself!	26 Pick up litter (use gloves and wash your hands!)
27 Share a happy memory or inspiring thought with a loved one	28 Donate some of your old clothes or toys	29 Appreciate kindness and thank people who do things for you	30 Give a little extra love to a pet (yours or someone else's)	31 Help make a meal		