

SEPTEMBER

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	¹ Leave a positive note for someone	² Offer help to someone in need	³ Include someone new in your school project	⁴ Watch your favorite tv show with a friend	⁵ Send a thank you note	⁶ Create a playlist for a friend
⁷ Offer to drive someone to an event	⁸ Donate spare change	⁹ Donate school supplies	¹⁰ Volunteer at children's clinic	¹¹ Offer encouragement	¹² Help take out the trash	¹³ Practice Recycling
¹⁴ Help someone clean up a mess	¹⁵ Offer to bring in groceries for a neighbor	¹⁶ Hug 3 people	¹⁷ Plant flowers	¹⁸ Practice self love	¹⁹ Bring a friend breakfast	²⁰ Offer to take someone's picture
²¹ Help pack lunches	²² Gift someone flowers	²³ Help tutor someone	²⁴ Tell someone good job	²⁵ Help a sibling with homework	²⁶ Offer someone an umbrella	²⁷ Start a gratitude jar
²⁸ Share your favorite snack with someone	²⁹ Cook someone a meal	³⁰ Call a friend				