

# ART AND KINDNESS CALENDAR

Take an Art Break. Sprinkle the sparkle of kindness everywhere.

**4** Create a kindness inspired short poem and place it on a stranger's windshield.

**5** Stop by a local art non profit and sign up for a volunteer shift.

**6** Take a smiley selfie with someone at the coffee shop, grocery store, whatever.

**7** Write a positive note on a post-it and stick it on a community bulletin board.

**8** Make a card for someone and include 3 reasons you are grateful for them.

**9** Create a postcard sized work of art. Leave it in a library book.

**10** Make an art note of thanks and leave it on a trash can for trasher tossers to find.

**11** Draw some art for those who serve you today. Hand it to them with a smile.

**12** Make an art full dinner for someone. Use the colors of the rainbow as inspiration.

**13** Grab a few of your favorite art supplies and mail them to someone.

**14** Make an artwork. Tape some cash to it. Hand it to a homeless person.

**15** Make a handmade card. Leave it somewhere for a stranger.

**16** What does kindness look like? Make art that answers that question.

**17** Fill a candle holder with words of gratitude for yourself. Light it up.

**18** Make a poster with a kind quote and hang it in a public space.

**19** Listen to your favorite song. Then, send it to 5 friends.

**20** Paint a positive note on a rock. Leave it on a path for someone to discover.

**21** Bake some treats for your neighbor.

**22** Fill a jar with a list of all the things you want to do that you haven't done yet.

**23** Write a positive poem. Use the letters of your first name to start each line.

**24** Build a gratitude art altar for a loved one.

**25** Make someone laugh. Tell a joke, draw a silly face, share a favorite scene from a movie.

**26** Color a page for [ColorASmile.org](http://ColorASmile.org)

**27** Make art about your dreams and visions. Put it in a box and seal it.

**28** Make a Free Compliment Flyer and hang it up for someone who might need some positivity today.

**29** Send art to a soldier. [AMillionThanks.org](http://AMillionThanks.org) can help.

**30** Gather a bag of clothes to donate. Put an art note in each pocket.

**31** However you celebrate today, do it with art and kindness. You got this one covered!

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2017

**Art is Moving**  
TAKE AN ART BREAK!

[artismoving.org](http://artismoving.org)