

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

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 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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Art is Moving 
TAKE AN ART BREAK!

artismoving.org