

HAPPY  
SMILE  
HEY

be kind today



**31 Days of Kindness to  
Start the New Year Right**

# 31 Days of Kindness

Welcome to a new year. To get the year started off great, let's practice being kind just like Kalliegator who happens to be the kindest alligator in the whole state of Louisiana!

On the next few pages, you will see 31 days filled with ways you can be kind every single day. When January is over, you might discover that you love being kind so much that you keep on practicing kindness in February too. And then March, and then before long, you will see you're being kind every day all year long, all the way through December (and beyond).

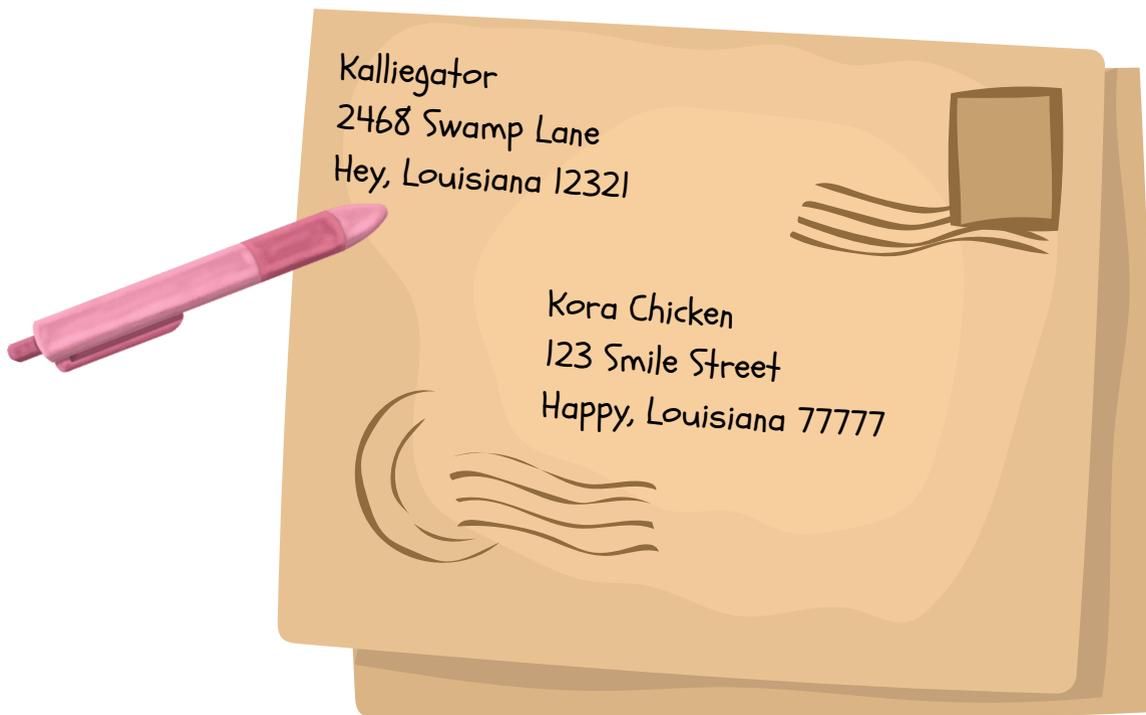
Happy! Smile! Hey!

**BE KIND TODAY!**

# 31 Days of Kindness

Day 1:

Send someone you love a hand-written note in the mail letting them know you are thinking about them. Get an adult to help you if you have never put an address on an envelope (below is an example of how to do it):



# 31 Days of Kindness

Day 2:

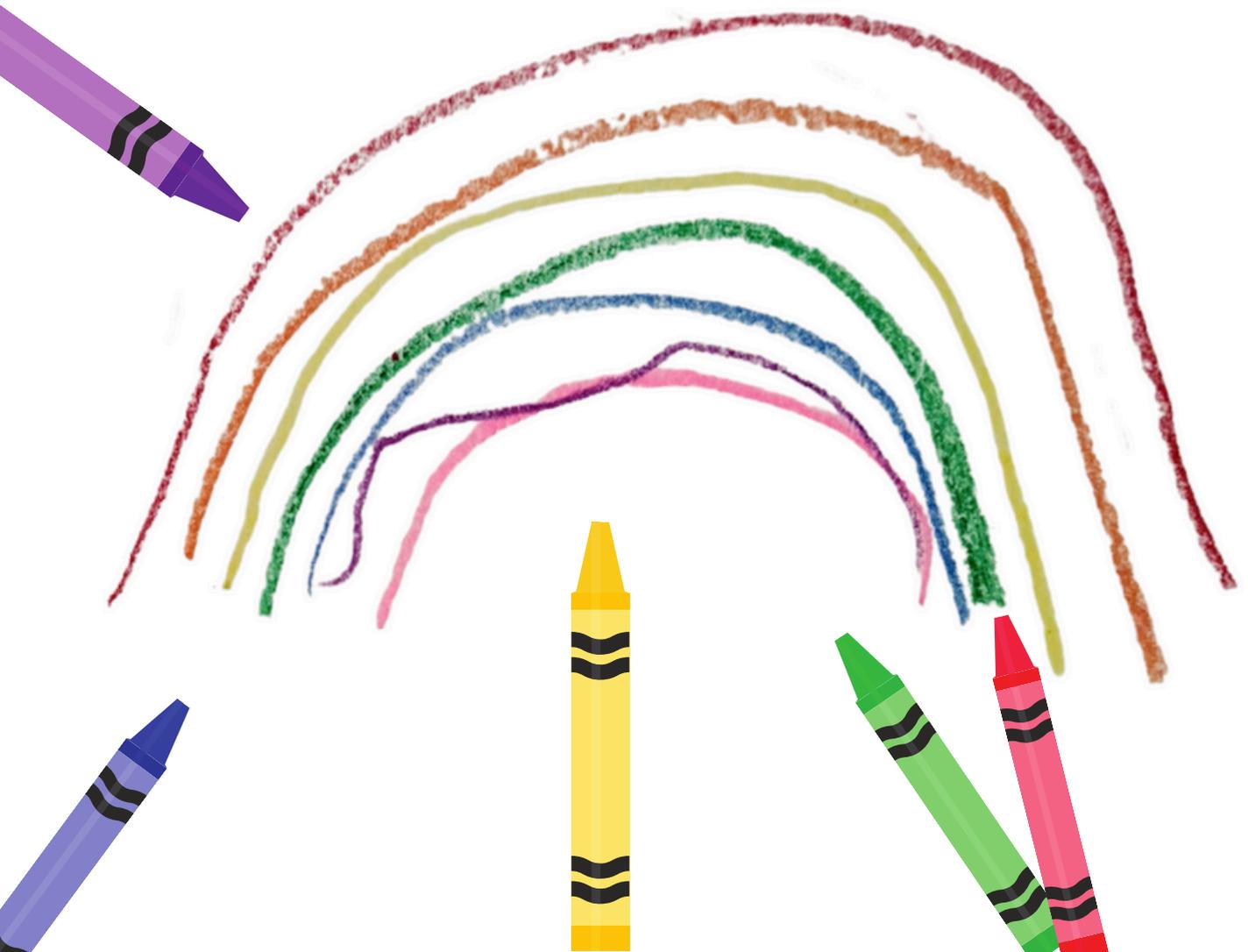
Help make somebody's sad heart feel better by giving them a hug. Hugs are like big warm blankets for the heart.



# 31 Days of Kindness

Day 3:

Draw a picture of a rainbow for one of your friends and tell them you think they are colorful and special just like the rainbow (for inspiration, look at the rainbow made by Kalliegator's friend Kora):



# 31 Days of Kindness

Day 4:

Make some cookies for somebody you care about. The recipe below is for cookies you don't have to bake, but you should be sure and get an adult to help you. Making cookies together is so much fun!

## INGREDIENTS

- ½ CUP (OR STICK) OF BUTTER  
CUT INTO PIECES
- ½ CUP MILK
- 1 CUP BROWN SUGAR
- 1 CUP SUGAR
- ¼ CUP COCOA POWDER
- ⅔ CUP CREAMY PEANUT  
BUTTER (OR ALMOND BUTTER)
- 1 ½ TEASPOON VANILLA
- 3 CUPS OATS



- Put some parchment paper on a cookie sheet
- Combine the butter, milk, sugars, and cocoa powder in a saucepan and put the heat on low
- Stir everything til the butter is melted
- Slowly increase the heat while you stir and get it to a boil for about a minute
- Remove the saucepan from the stove and keep stirring
- Add the peanut butter or almond butter and vanilla and stir til everything is mixed well
- Add the oats and stir
- Now you can create little bite-sized balls and lay them on the cookie sheet to cool down
- Once they are cooled down, pour yourself a glass of milk or lemonade and enjoy your yummy treat

# 31 Days of Kindness

Day 5:

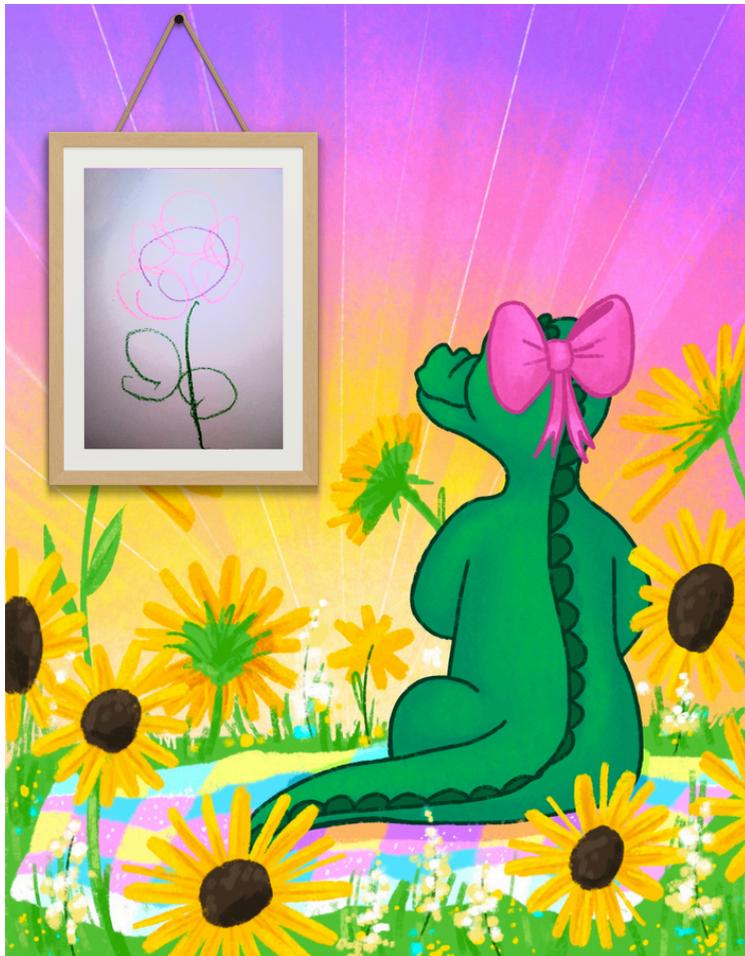
Help your parents do the laundry! Did you know that working hard around the house is not only a kind thing to do to help out, but it also teaches you some very valuable skills you will need when you grow up? While you help with the laundry, be sure to enjoy a nice conversation with your parents.



# 31 Days of Kindness

Day 6:

Draw a picture for your grandparents that cheers them up. You could even ask your parents to put your art in a frame so they can hang your masterpiece on the wall for all their friends to see.



Kalliegator enjoys the picture Kora gave her and it makes her feel very happy inside.

# 31 Days of Kindness

Day 7:

Give somebody you love a pretty flower to put in their house or on their desk at work. Flowers don't last a long time, but the memory of having that pretty flower lasts a lifetime.



# 31 Days of Kindness

Day 8:

Make up a song and sing it to somebody who needs to feel some cheer. Songs can sure make a heart feel happy.



# 31 Days of Kindness

Day 9:

Make a special card for a child in the hospital. You can even make lots of cards to deliver and then the nurses can take them to lots of kids. Being in the hospital can feel lonely so those cards will brighten their day.



# 31 Days of Kindness

Day 10:

Make up a story and ask your mom or dad to sit on the couch while you share your story.

Parents are so nice to tell you stories and now it is your turn. It will make their heart smile to hear your story.



# 31 Days of Kindness

Day 11:

Tell somebody you care about that you think they are special and that they bring a lot of joy to your life. Did you know that saying sweet things like that makes people feel good for a long time?



# 31 Days of Kindness

Day 12:

Get help from an adult and call somebody you haven't talked to in a while to let them know you are thinking about them.



# 31 Days of Kindness

Day 13:

Write a special note for your teacher letting them know that you appreciate all their hard work and how they take care of the students. Teachers sometimes don't know how much they are loved, so letting them know is so kind.



# 31 Days of Kindness

Day 14:

Buy a little gift and take it to a neighbor and say, "I just wanted to bring you something to brighten your day". Kind acts like that can make people feel so very loved.



# 31 Days of Kindness

Day 15:

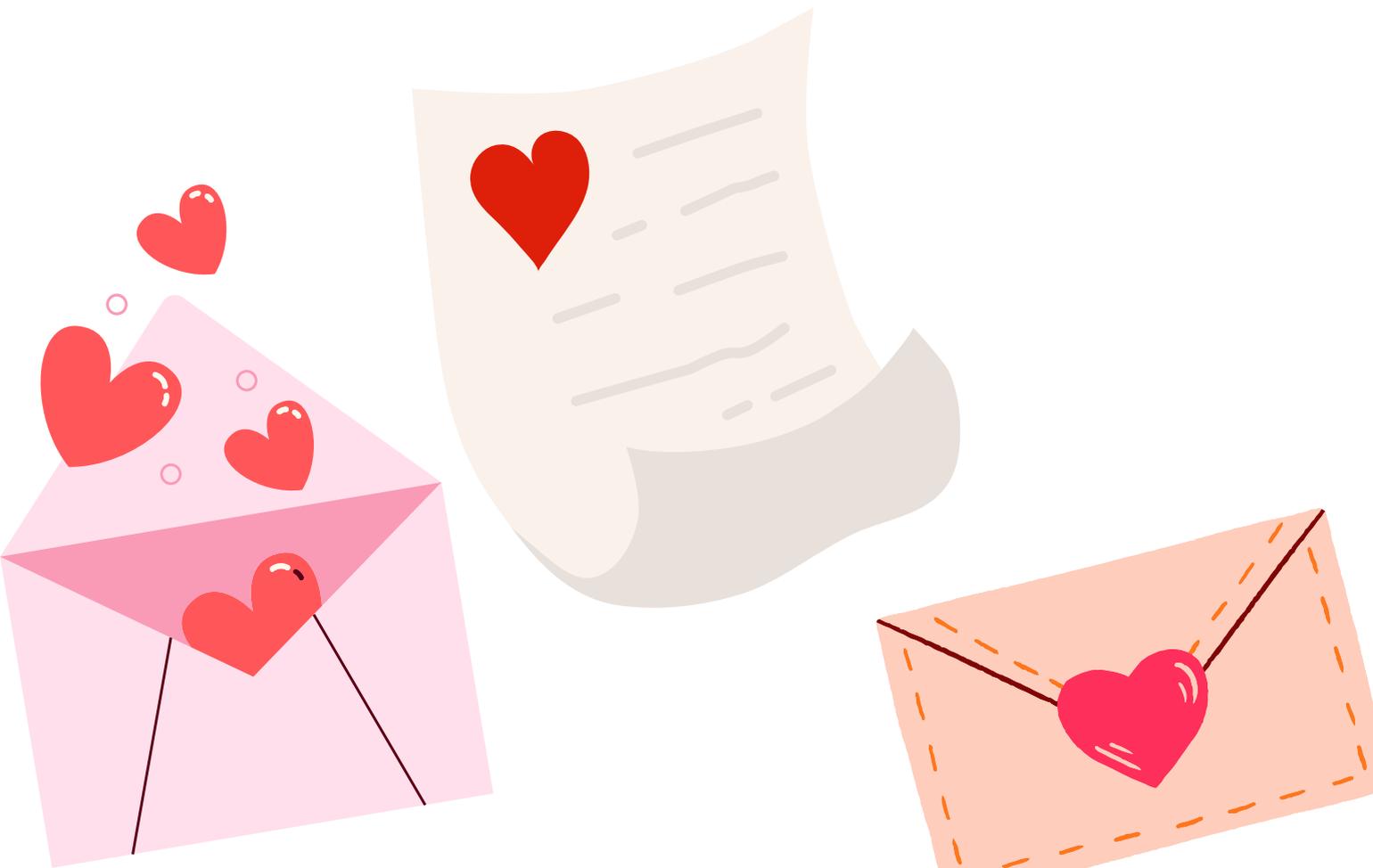
Make up a fun dance and get your mom or dad to video you performing your dance. Then send the video to a family member far away and let them know you did the dance in their honor. Dancing makes people smile and when they see you dancing just for them, their smile will be even bigger and they can watch the video over and over again and smile so many times.



# 31 Days of Kindness

Day 16:

Slip a note under your parents' bedroom door that says "I love you". If you don't know how to write yet, draw a picture and slide it under their door so they see it and feel your love.



# 31 Days of Kindness

Day 17:

Smile at a classmate or friend. Smiling not only makes your friend feel some joy, but it also makes you feel joy. Smiles are so special.



# 31 Days of Kindness

Day 18:

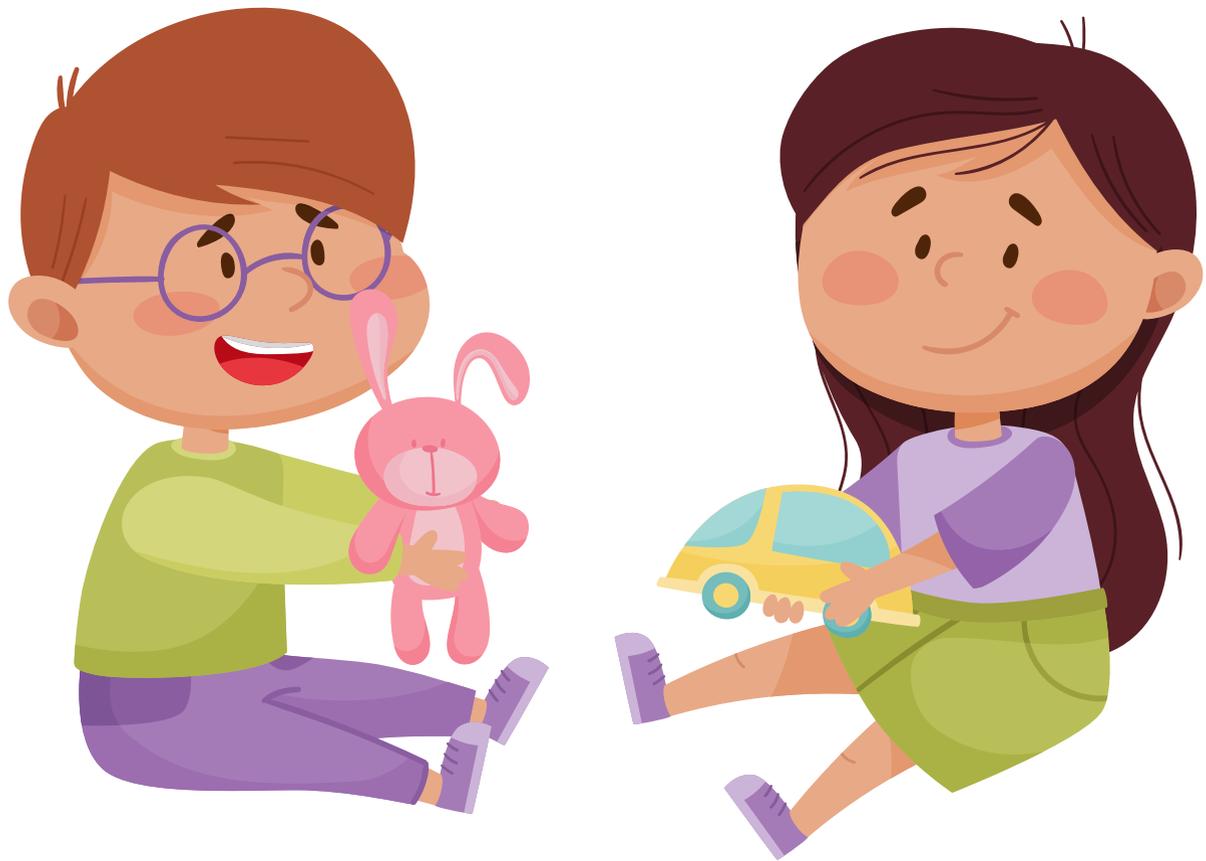
Give a friend some chocolate (or a special treat you know they enjoy) and say "thank you for being a good friend".



# 31 Days of Kindness

Day 19:

Share your toys with a friend. Even if you really want to play with your favorite toy, let your friend have a chance to play with it today.



# 31 Days of Kindness

Day 20:

Leave a bottle of water on the porch for your delivery person and be sure to attach a note saying that you hope they have a nice day.



# 31 Days of Kindness

Day 21:

Sneak a little picture you have drawn into your mom or dad's lunch and when they are at work that day, they will be so happy to see your art.



# 31 Days of Kindness

Day 22:

Help your parents clean the house. Cleaning a home can actually be a lot of fun if everyone works together. To make it even more fun for everyone, sing while you work.



# 31 Days of Kindness

Day 23:

Visit a nursing home and play games with the residents. If you are not allowed to visit the home, make some pretty pictures for the residents to hang in their rooms.



# 31 Days of Kindness

Day 24:

Get some of your friends to help you put together a donation for a food bank. You and your friends can put canned foods into a big box and your parents can help you deliver all the food.



# 31 Days of Kindness

Day 25:

Make a donation to a charity. Giving is the kindest thing you can do.



# 31 Days of Kindness

Day 26:

Buy some children's books and donate them to a school or hospital. Giving the gift of reading is definitely one of the nicest things you can do!



# 31 Days of Kindness

Day 27:

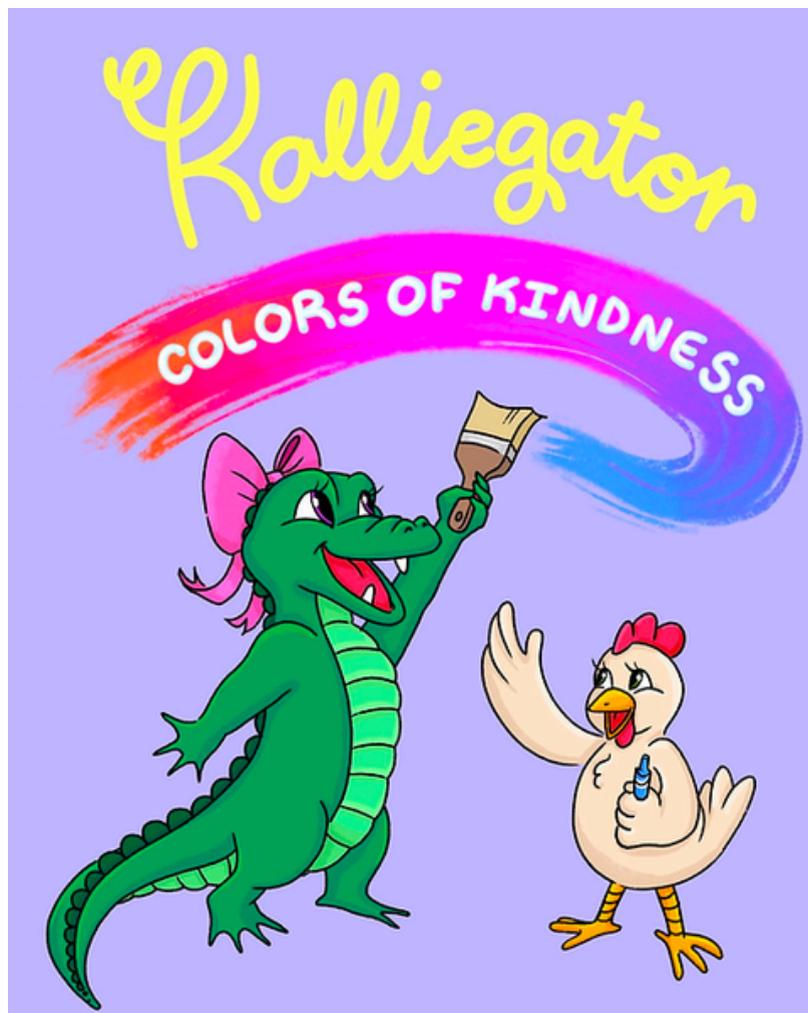
Hold your parents' hands as you go for a walk in the neighborhood. Taking some time to be outdoors and walking along holding hands makes everyone feel so loved.



# 31 Days of Kindness

Day 28:

Tear out some coloring pages and sit with somebody you care about and color together. Make sure you enjoy some fun conversations while you color.



# 31 Days of Kindness

Day 29:

Help do the dishes. Be very careful and let the grown ups lift the heavy dishes.



# 31 Days of Kindness

Day 30:

Bring your mom or dad something to eat or drink while they are watching television.



# 31 Days of Kindness

Day 31:

Pray for kids with cancer before you go to bed tonight. Maybe one day you will be a doctor or a researcher or maybe you will work in fundraising to help end childhood cancer. But today, pray. Pray for God to help all the kids and all the families who fight against cancer.



# 31 Days of Kindness

Just because January is over, that doesn't mean your acts of kindness should end. Every day you can be kind. What are some ways you can think of to be kind to others? Get a notebook and fill it with ways you are being kind. If you come up with a way to be kind that you would like to share with us, please send us an email so we can share your kind acts with the whole world. We know Kalliegator would love to know about it.

Kalliegator gets emails at this email address:  
[info@bellasteri.com](mailto:info@bellasteri.com)