

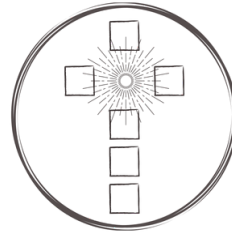
**make
kindness
the norm.**

randomactsofkindness.org
RANDOM ACTS OF KINDNESS FOUNDATION™

SEPTEMBER							NOVEMBER												
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	MON	TUE	WED	THU	FRI	SAT
30	31	1	2	3	4	5	1	2	3	4	5	6	7		29	30	1	2	3
6	7	8	9	10	11	12	8	9	10	11	12	13	14						
13	14	15	16	17	18	19	15	16	17	18	19	20	21						
20	21	22	23	24	25	26	22	23	24	25	26	27	28						
27	28	29	30	1	2	3	29	30	1	2	3	4	5						
4	5	6	7	8	9	10	6	7	8	9	10	11	12						

4	5	6	7	8	9	10
Start a "Good Things List" and write down three bright moments from your day.	Tell a friend the best thing you've learned from them.	Ask someone, "What's something good that happened this week?" and really listen.	Snap a picture of something beautiful you notice today and share it with someone to lift their mood.	Thank a teacher, coach, or mentor for a small moment they may have forgotten, but you never did.	Give a kind comment to someone—make it specific so it feels real.	Celebrate someone in your life by acknowledging one of their strengths and letting them know you've noticed it.
11	12	13	14	15	16	17
Invite someone to join you in doing something fun.	Compliment a kid's creativity, curiosity, or courage.	Do a small chore or helpful task.	Look for someone who's usually quiet and ask about something they love.	Share a story from your past where someone showed you kindness.	Leave a surprise "You're Doing Great" note in a public place.	Tell yourself one good thing about who you are - not what you do.
18	19	20	21	22	23	24
Celebrate someone's effort, not just their achievement.	Send a voice memo to a friend letting them know why you're grateful they're in your life.	Draw or doodle something and give it to someone with a nice note.	Give a sincere compliment to three people today.	Look in the mirror and name one thing you're proud of yourself for.	Ask someone, "What's something you're looking forward to?" and cheer them on.	Make a "Kindness Spotlight" at home or school where people can post good things they notice.
25	26	27	28	29	30	31
Share a kind memory with a family member who may need encouragement today.	Hold the door open for someone and greet them with a smile.	Offer to help someone learn, practice, or figure out something they've been working on.	Make a card for someone you've been thinking about and give/send it to them.	Take a walk and notice all the joyful things.	Leave a positive review for a local business.	Reflect on the biggest positive shift you noticed this month.

OCTOBER KINDNESS CHALLENGE



Serve & Enrich
**Zion United Church
of Christ**

Use this page alongside the October 2026 Random Acts of Kindness calendar. Each week, pause to reflect on how small acts of kindness can become practices of faith. Learn more at <https://www.randomactsofkindness.org/>.

October 1-7

Proverbs 11:17 (NRSVUE)

“Those who are kind reward themselves, but the cruel do themselves harm.”

Reflect: Where do you notice kindness changing something in you—not just in the person receiving it? What might God be inviting you to notice or practice this week?

Journal: Think about one act of kindness from the calendar that affected you, whether you gave it or received it.

October 8–14

Galatians 5:22 (NRSVUE)

“...the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness...”

Reflect: If kindness is part of the “fruit” of God’s Spirit, what helps kindness grow in your life? What gets in the way?

Journal: Which calendar practice helped you make room for kindness this week? Where did you see the Spirit at work?

October 15–21

Ephesians 4:32 (NRSVUE)

“Bee kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you.”

Reflect: How are kindness, tenderness, and forgiveness connected? Is there a relationship where one of these practices might make a difference?

Journal: What did you learn about another person—or about yourself—through practicing kindness this week?

October 22–31

Colossians 3:12 (NRSVUE)

“...clothe yourselves with compassion, kindness, humility, meekness, and patience.”

Reflect: What would it mean to think of kindness not simply as something you do, but as something you “put on” each day?

Journal: As you look back over October, which act of kindness do you want to carry with you beyond this month? Where is God calling you to continue growing?

**"No act of kindness, no matter how small,
is ever wasted." – Aesop**