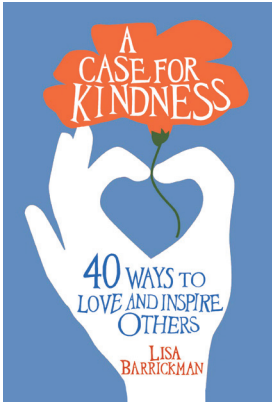


Kindness Calendar



UD'S CASE FOR KINDNESS

Forty Days, Forty Ways to Change the World — One Person, One Place, One Act at a Time

Accept the 40-day Case for Kindness Challenge for the University of Dayton community during the Lenten Season beginning on Wednesday, February 14 and concluding on Sunday, March 25, 2018. Register to participate in UD's Case for Kindness at tinyurl.com/UDKind18. FREE t-shirts will be given to the first 500 registrants.

Commit to performing an intentional act of kindness every day for forty days and see the ripple effect your actions have in your life and the lives of those around you. Use the Kindness Calendar to keep track of your daily participation. Use the list of possible kind actions located on the back of this calendar as inspiration.

Sponsored by Campus Ministry and Housing and Residence Life

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|-----|---|---------------|------------------|------------------|
| 11 | 12 | 13 | 14 Valentine's Day ASH WEDNESDAY START | 15 ● New Moon | 16 | 17 |
| 18 | 19 Presidents' Day | 20 | 21 | 22 | 23 ☾ 1st Quarter | 24 |
| 25 | 26 A Case for Kindness Keynote 7:00 pm Boll Theater | 27 | 28 | 1 ☽ Full Moon | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 ☾ 3rd Quarter | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 ● New Moon |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 ☾ 1st Quarter |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 ☽ Full Moon |

KINDNESS OPPORTUNITIES

1. Write an encouraging note for a stranger
2. Use your flex/flyer money and offer to pay for another's meal
3. Invite your neighbors over for a homework night with hot chocolate/tea to get through a hard week together
4. Write a letter to a past teacher or professor who inspired you
5. Pick up litter in a neighbor's yard
6. Make dinner for your roommate
7. Give blood
8. Sign up for a Service Saturday through Campus Ministry
9. Take in your neighbor's trash cans
10. Send a letter to a soldier or veteran (operationgratitude.com)
11. Support a friend at something that's important to them
12. Donate gently used clothes
13. Send a funny GIF to a friend who's having a bad day
14. Talk to someone you don't know in class
15. Call your parents
16. Clean your house/dorm room for your roommates
17. Give a stranger a genuine compliment
18. Tell the Dining Hall Staff how much you appreciate them
19. Use Amazon Smile instead of Amazon to donate to a nonprofit (<https://smile.amazon.com>)
20. Collect pop tabs to donate to the Ronald McDonald House
21. Recycle and/or compost
22. Do the entire sink of dishes even if they're not yours
23. Tell your professor if you think a particular lecture or assignment was interesting
24. Send someone an article that made you think of them
25. Listen to someone without interrupting
26. Tell the manager when you have great service
27. Give someone the benefit of the doubt
28. Reach out to a friend who you know is struggling
29. Share a great book
30. Leave a generous tip
31. Write down someone's best qualities and give them the paper
32. Make a handmade card
33. Endorse a skill on LinkedIn
34. Forward a job posting
35. Send a postcard to a friend who lives far away
36. Help someone with homework
37. Compliment someone on how well they parallel parked
38. Laugh at your friend's joke
39. Be a polite driver
40. Clean your equipment at the Rec
41. Use a reusable water bottle/mug
42. Unplug chargers/electronics when they're not in use
43. Turn off the lights when you leave
44. Sign up for the bone marrow registry (bethematch.org)
45. Bring reusable bags to the grocery store
46. Cover a shift for a coworker
47. Bring cookies (or a healthy treat) to a club meeting
48. Have a conversation without checking your phone
49. Let someone go ahead of you in line when they look rushed
50. Give someone a hug
51. Introduce yourself to your neighbors if you haven't already
52. Give someone a piece of gum
53. Make plans with a friend who you don't see regularly
54. Ask your roommate about their day - genuinely listen and ask questions
55. Let a friend vent their issues without giving your opinion or feedback (unless they ask for it)
56. Let your roommate choose what TV show/movie you watch
57. Say "Hi" to the person next to you in the elevator
58. Spend a half hour doing something you love (self-kindness!)
59. Send a favorite quote to your siblings or parents
60. Make muffins for breakfast for your roommates
61. Play a board/card game with your friends
62. Ask to help someone who is carrying a lot of books/packages
63. Look up from your phone while you walk around campus and smile at everyone you see
64. Refrain from gossip