

In a world where you can be anything, be kind!

25 Days of Kindness

December 1 - 25



Welborn Foundation
Wellness & Fitness Center

The holidays are the season of giving and the perfect time for acts of kindness. There are people who don't have any family to celebrate with this time of year and they especially need a kind hand.

We're asking that you spend the first 25 days of December doing daily acts of kindness. You may follow the suggestions on this calendar or come up with your own ideas.

The only thing we ask is that you post your daily acts of kindness on social media with the hashtag #ivykind. Our goal is for KINDNESS to spread like wildfire!



1 Donate a toy for Toys for Tots or offer to babysit for a busy parent.

2 Go through your closet and donate clothes to the Good Will <u>or</u> hide one dollar bills in the Dollar Store.	3 Buy lunch for a coworker <u>or</u> student <u>or</u> encourage them and tell them they're doing a great job.	4 Pay for the person behind you in the drive-thru line <u>or</u> let someone go in front of you in line.	5 Leave some quarters at a vending machine or laundromat <u>or</u> send a text or e-mail to someone to let them know you're thinking of them.	6 Donate a new coat for Coat-A-Kid <u>or</u> volunteer to tutor a student with a subject they're struggling in.	7 Buy a Walmart or Target gift card to someone at a women's shelter <u>or</u> invite an old friend out for a cup of coffee/tea.	8 Volunteer at Ritzzy's Fantasy of Lights <u>or</u> donate to their cause <u>or</u> make a donation to a favorite charity in memory of someone.
9 Make some homemade cards and deliver them to a nursing home <u>or</u> take the time to talk to and really listen to someone.	10 Bring in bagels for your coworkers/ classmates <u>or</u> leave a complimentary note on a napkin or someone's car.	11 Fill out a kind comment card about an employee <u>or</u> tip a service employee generously.	12 Adopt-A-Family for the holidays <u>or</u> hug your child/ parent and tell them they're the best gift of all!	13 Give someone an inspirational book <u>or</u> movie <u>or</u> write notes with kind messages to leave in public places.	14 Help someone load their grocery bags into their car <u>or</u> give a \$5 grocery gift card to someone in line behind you at the store.	15 Volunteer to serve meals at a homeless shelter <u>or</u> donate food to a food pantry.
16 Create a care package to send to a soldier abroad <u>or</u> drop off thank you notes at VFW posts.	17 Leave a gift for your mail carrier <u>or</u> give out candy canes w/ kind messages to cashier's, servers, janitorial staff, etc.	18 Donate pet food to an animal shelter <u>or</u> volunteer to pet sit for free for someone who is going out of town.	19 Tie a coat, scarf, and/or gloves to a tree for someone in need <u>or</u> put change in random parking meters downtown.	20 Offer fast food to a homeless person <u>or</u> leave a bunch of pennies next to a fountain with a kind note.	21 Send cards to hospitalized children <u>or</u> visit someone in the hospital over the holidays.	22 Put your change in a red kettle for the Salvation Army <u>or</u> be kind to someone who is rude to you.

23 Bake something for your neighbor or post only positive messages on social media

24 Make a monetary donation to the Ivy Tech Foundation or share posts on social media particularly for charities.

25 Merry  Christmas!!!
Cook something special for your family or invite someone over who has no family.



Contact the Wellness & Fitness Center at (812) 429-0585 or www.ivytech.edu/evansville

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