NOVEMBER 2026

TLPDC
TEXAS TECH
Office of the Provost
Faculty Success

make kindness the norm.
randomactsofkindness.org
RANDOM ACTS OF KINDNESS FOUNDATION

SCIENCE SPARK: GRATITUDE PRACTICES INCREASE DOPAMINE AND SEROTONIN, THE BRAIN'S NATURAL ANTIDEPRESSANTS, WHILE ALSO IMPROVING SLEEP AND REDUCING ANXIETY.

SUN	MON	TUE	WED	THU	FRI	SAT
		Participate in the State Employee Charitable Campaign: **banapps.texastech.edu/ITIS/SECCv3**	4 Take a deep breath, relax your shoulders, and embrace the moment.	5 Send a short message to someone you haven't talked to in a while and let them know you're thinking of them.	6 Cook or bake something simple to share "just because."	7
8	9 Take a moment to snap a photo of something beautiful you saw today and send it to someone who'd love it.	10 Offer a heartfelt apology to someone you've meant to reconnect with.	11 Donate gently used coats, scarves, or blankets.	12 Catch up with someone you've been thinking about and let them know.	13 World Kindness Day 2026!	14
15	16 Leave a kind comment on a community board, classroom wall, or social media space.	17 Give a plant or flower to someone who could use a little green in their space.	18 Share a song or playlist that lifts your spirits.	19 Share a memory of someone you miss.	20 Spend 10 mindful minutes outdoors, noticing what you appreciate about the season.	21
22	23 Send a "thank you for existing" text to someone who would never expect it.	24 Name something that you appreciate about yourself.	25 Today is the last day to pledge your donation to the State Employee Charitable Campaign!	26 Write a recommendation or positive review for a small business you like.	27 Consider supporting a local business on Small Business Saturday!	28
29	30 End the month by giving a token of appreciation to a partner, friend, or colleague.	1	2	3		

OCTOBER

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

DECEMBER

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

Visit our site for even more kindness ideas: https://www.randomactsofkindness.org/kindness-ideas

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