

APRIL 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



2

Keep an umbrella at work or school to lend out when it's raining

3

Send an older relative a card just to let them know you're thinking about them

4

Buy coffee for someone behind you

5

Bring 2 lunches to school or work and give one away



6

Take your change to a Coinstar machine and donate your collection to charity



1

Hide Easter eggs with money or treats inside around your community

Easter

8

Do the dishes even if it isn't your turn

9

Write a positive comment on your favorite blog, video, or social media account

10

Send a gratitude email to a coworker who deserves more recognition

11

Leave a bucket of tennis balls at the local park with a sign for dogs to play with

National Pet Day

12

Give away something for free on Craig's List



13

Leave a kind server the biggest tip you can afford

14

Leave bags of quarters at the laundromat

15

Call your parents just to say how much you love them

16

When you're throwing something away, pick up nearby trash as well

17

Find opportunities to give compliments today



18

Send a thank you note to your local police or fire station

19

Buy reusable water bottles to give away



20

Offer a high five to anyone you see who might be having a bad day.

High Five Day

21

Return shopping carts for people at the grocery store



22

Put every piece of trash you see today in a garbage can

Earth Day

23

Take muffins or cookies to your local librarians

24

Leave a box of goodies in your mailbox for your mail carrier

25

Everyone is important - learn the names of your barista, security guards, and neighbors

26

Find a cheesy / fun gift at a souvenir shop to give to a friend

27

Put your phone away while in the company of others

28

Purchase extra dog or cat food and give it to your local animal shelter

29

Take a friend or family member on a spontaneous adventure

30

Surprise a teacher with a gift card, treat, or flowers



KIND ACTS COMPLETED: ____ / 30

Pay it forward