

# JUNE 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**4**

Make a conscious effort to stay out of gossip today



**5**

Connect with a new group of people by joining a support group online



**6**

Research the scientific benefits of kindness

**7**

Spend 24hrs only speaking and thinking positive. Try your best to eliminate the negative

**1**

Put quarters in gumball/prize machines at the grocery store

**International Children's Day**

**2**

Find a local organization to donate to

**3**

Eat a healthy breakfast



**11**

Deliver balloons or treats to a children's hospital

**12**

Watch a video on random acts of kindness.org to lift your spirits

**13**

Invite a friend to go see a movie or out to dinner

**14**

Drop off a toy or game at a homeless shelter

**8**

Treat your friend to a lunch, movie, or day out

**Best Friends Day**

**9**

Spend time in nature by going on a hike or a walk through the park

**10**

Leave extra stamps at the stamp machine at your local post office

**18**

Give someone the benefit of the doubt by standing up for them




**19**

Make a list of your favorite random acts of kindness

**20**

Clean out your closet & give away clothing you don't need.

**21**

Write a letter of appreciation to one of your favorite musicians

**World Music Day**

**15**

Say no to peer pressure or encourage someone else to



**16**

Remember friends who lost their dad and reach out to them tomorrow

**17**

Give/send your dad a handmade card



**Father's Day**

**25**

Take care of the chores your partner hates

**26**

Sign up to run a 5k for a good cause.



**27**

Let someone merge in front of you in traffic

**28**

Pick flowers and give them to someone you love

**22**

Donate \$1 to the next tip jar you see

**23**

Give someone you love an unexpected hug

**24**

Help someone brainstorm for an upcoming project



**29**

Offer to take a picture of a couple / family at a touristy spot near you



**30**

Give an afternoon to a soup kitchen

KIND ACTS COMPLETED: \_\_\_\_ / 30