

OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>1</p> <p>Celebrate meatless Monday</p> <p>World Vegetarian Day</p>	<p>2</p> <p>Learn something new about the environment</p> <p>World Habitat Day</p>	<p>3</p> <p>Send encouragement to someone who has lost a loved one</p>	<p>4</p> <p>"Adopt" a whale, tiger, lion or other animal online</p> <p>World Animal Day</p>	<p>5</p> <p>Reflect on all the ways teachers have helped you or made your life better</p> <p>World Teachers Day</p>	<p>6</p> <p>Smile at everyone you see today</p> <p>World Smile Day</p> 	<p>7</p> <p>Become a literacy tutor at your local public school</p>
<p>8</p> <p>Say "Good Morning" to everyone you see before noon</p> 	<p>9</p> <p>Have a charity day at work</p>	<p>10</p> <p>Start an anonymous compliment jar at your school or office</p> 	<p>11</p> <p>Research International Day of the Girl & decide how you want to contribute.</p> <p>Day of the Girl</p>	<p>12</p> <p>Drop off bus ticket vouchers at a homeless shelter</p>	<p>13</p> <p>Start a piggy bank for a cause</p> 	<p>14</p> <p>Hide a nice note in a book your friend or family member is reading</p>
<p>15</p> <p>Make someone laugh by telling them a corny joke</p>	<p>16</p> <p>Write a note of recommendation for an employee</p>	<p>17</p> <p>Join the bone marrow registry... you never know when an opportunity to save a life will arise!</p>	<p>18</p> <p>Pick up debris along a road or path</p> 	<p>19</p> <p>Give up your seat on public transit to a mother or elderly person</p>	<p>20</p> <p>Donate new or lightly used craft items to the Ronald McDonald House</p>	<p>21</p> <p>When others are gossiping, be the one to chime in with something nice</p>
<p>22</p> <p>Organize your desk</p> 	<p>23</p> <p>Donate work clothes to a homeless or domestic abuse shelter</p>	<p>24</p> <p>Send a surprise book to someone through an online retailer</p>	<p>25</p> <p>Write a letter to someone who made a difference in your life</p>	<p>26</p> <p>Surprise someone with their favorite hot drink</p>	<p>27</p> <p>Bring flowers to your local senior home</p>	<p>28</p> <p>Make / sew catnip toys to donate to your local animal shelter</p> 
<p>29</p> <p>Mentor someone</p> 	<p>30</p> <p>Say thank you to someone with a hard job that not many people thank</p>	<p>31</p> <p>Create a "dress up" box for a kid from old Halloween costumes</p> <p>Halloween</p> 	<p>KIND ACTS COMPLETED: ____ / 31</p>			