

APRIL 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
Tell a cheesy joke to a friend to make them smile
April Fool's Day

2
Wake up early to exercise before you go to work or school

3
Start a piggy bank for a cause


4
Leave a reusable grocery bag in a shopping cart with a note that it's free for the taking

5
Don't interrupt others while they are talking


6
Leave laundry detergent & a bag of quarters with a kind note at a laundromat

7
Eat three balanced, healthy meals and exercise
World Health Day

8

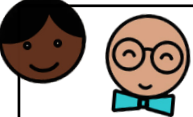
Do a chore without being asked

9
Make an effort to not complain for the whole day


10
Write a note to give to your sibling with everything you love about them
National Siblings Day

11
Offer to walk your neighbor's dog
National Pet Day

12
Tape quarters to parking meters


13

Tip and/or applaud a street performer

14
Help someone carry their groceries to their car


15
Write a list of 10 things you're grateful for when you first wake up


16
Give an umbrella to a stranger on the next rainy day

17
Laugh at someone's joke (even if you don't find it funny)

18
Remember that no one is perfect & we all make mistakes

19
Take the time to write a great online review for a restaurant you love

20
Go on a hike & pick up all the trash you see along the trail
Passover

21
Fill plastic eggs with kind notes & hide them around your city
Easter

22
Attend a local, volunteer cleanup effort
Earth Day

23
Donate some of your old books to a library or children's shelter
World Book Day

24
Unplug all the outlets in your house before you leave


25
Dry playground equipment with a towel after it rains


26
Dedicate a song to a friend or partner on their favorite radio station

27
Hold a food bank drive in your community

28
Fix something around the house that you've been procrastinating

29
Apologize & make amends with someone you were mean to

30
Say "Happy Birthday!" to someone outside of Facebook
