

MAY 2019

SUNDAY

MONDAY

TUESDAY


WEDNESDAY

THURSDAY


FRIDAY

SATURDAY

Learn about holidays celebrated by cultures different from your own **5**
Cinco de Mayo
First Day of Ramadan



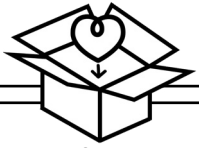
Send flowers to the nurses station at your local pediatrician's office **6**
Nurses Day



Email a former teacher that impacted you **7**
Thank a Teacher Day

Tape cash or a lottery ticket to a gas pump **1**

Tell your principal how awesome your teacher is **8**



Give a candy bar to your bus driver **2**

Send a "studying survival" care package to a family friend in college **9**

Go out of your way to be extra nice to someone you don't really like (they may surprise you!) **3**


Resolve to be more authentic in your day-to-day life **10**




Volunteer to read at a local nursing home **4**

Paint compliments on a pot, plant a seed, & give it to a friend **11**

Treat your mom (or a mom you know) to a spa day **12**
Mother's Day



Pay off overdue student lunch debt **13**



Do a favor without asking for anything in return **14**


Wheel a neighbor's trashcan / recycling bin out for pick-up **21**

Research & draw out your family tree to give to an older relative **15**
Intl. Day of Families


Plant a tree in your yard or community (make sure to ask if it's OK!) **16**
Love a Tree Day

Commute to work or school via bike, public transportation, or carpooling **17**

Lend a friend your favorite book or movie **18**



Donate a "birthday box" (cake mix, candles, party hats, etc.) to a local shelter **19**



Create as many cards as you can with a friend to donate to a nursing home **20**

Leave exact change in the change slot of a vending machine **22**




Write a positive review for a local business online **23**

Foster an animal that's up for adoption **24**



Visit your local zoo or aquarium **25**




Plant flowers in a public, neglected part of town **26**

Send hand-drawn thank you cards to veterans **27**
Memorial Day

Print a photo with a friend & give it to them **28**

Share about something that changed your life with someone struggling **29**

Make an herb garden out of mason jars to grow in your kitchen **30**

Stamp postcards, give them to strangers & encourage them to get back in touch with someone **31**

