**JUNE 2019**

**SUNDAY**
- Put a dish of fresh water outside your house for your neighbor’s dogs to enjoy.
- Paint positive words on rocks & place them around town.
- Do something with or for your dad that he loves.
- Spread the word about a local business you love in your community.
- Create homemade bookmarks to donate to your local library.

**MONDAY**
- Be extra enthusiastic when someone tells you good news.
- When you notice a neighbor doing yardwork, offer them a cold beverage.
- Share produce from your garden with your neighbors.
- Using sidewalk chalk, create an inspirational pathway.
- Help a friend write a cover letter or apply to jobs.

**TUESDAY**
- Offer your seat to a pregnant, elderly, or handicapped person.
- Offer a piece of gum to a stranger.
- Help a friend write a cover letter or apply to jobs.
- Put a cold drink by your mailbox for the postal worker delivering your mail.
- Wipe down the gym equipment when you’re done using it.

**WEDNESDAY**
- Learn something new about the planet by watching a nature documentary.
- When you finish reading a great book, leave it in a public place for someone to find.
- Bring treats to give to dogs at the park (be sure to ask the owner if it’s OK!)
- Fill a birdhouse with seed for your yard.
- Go on a walk for 30 minutes & pick up every piece of trash you see.

**THURSDAY**
- Schedule a check-up with your doctor or dentist.
- If you know someone self-conscious of their health or weight, offer to exercise with them.
- Offer to babysit or pet sit for free.
- Fill a birdhouse with seed for your yard.
- Go on a walk for 30 minutes & pick up every piece of trash you see.

**FRIDAY**
- When you finish reading a great book, leave it in a public place for someone to find.
- Congratulate someone you know who has recently graduated.
- Take a picture of yourself wearing an article of clothing someone gave you & send it to them.
- Send a pump-up playlist to a friend going through a hard time.
- Go on a walk for 30 minutes & pick up every piece of trash you see.

**SATURDAY**
- Donate brain games and art supplies to a school or children’s hospital.
- Congratulate someone you know who has recently graduated.
- Take a picture of yourself wearing an article of clothing someone gave you & send it to them.
- Send a pump-up playlist to a friend going through a hard time.
- Go on a walk for 30 minutes & pick up every piece of trash you see.

**Dates & Events**
- 2: Eid al-Fitr
- 9: Father’s Day
- 16: Father’s Day
- 23: World Environment Day
- 25: World Environment Day
- 27: World Environment Day
- 1: Intl. Children’s Day
- 8: Intl. Children’s Day
- 15: Intl. Children’s Day