

# JUNE 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

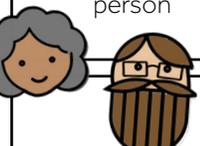
SATURDAY



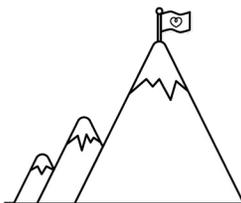
**2**  
Put a dish of fresh water outside your house for your neighbor's dogs to enjoy



**3**  
Be extra enthusiastic when someone tells you good news  
**Eid al-Fitr**



**4**  
Offer your seat to a pregnant, elderly, or handicapped person



**5**  
Learn something new about the planet by watching a nature documentary  
**World Environment Day**

**6**  
When you finish reading a great book, leave it in a public place for someone to find



**7**  
Congratulate someone you know who has recently graduated



**1**  
Donate brain games and art supplies to a school or children's hospital  
**Intl. Children's Day**

**8**  
Pick up trash along the beach or donate to an ocean cleanup charity  
**World Oceans Day**

**9**  
Paint positive words on rocks & place them around town

**10**  
When you notice a neighbor doing yardwork, offer them a cold beverage

**11**  
Offer a piece of gum to a stranger

**12**  
Schedule a check-up with your doctor or dentist

**13**  
If you know someone self-conscious of their health or weight, offer to exercise with them

**14**  
Take a picture of yourself wearing an article of clothing someone gave you & send it to them

**15**  
Give your leftovers bag from dinner to a homeless person

**16**  
Do something with or for your dad that he loves  
**Father's Day**



**17**  
Share produce from your garden with your neighbors

**18**  
Help a friend write a cover letter or apply to jobs



**19**  
Offer to babysit or petsit for free

**20**  
Bring treats to give to dogs at the park (be sure to ask the owner if it's OK!)

**21**  
Send a pump-up playlist to a friend going through a hard time



**22**  
Bake cookies & deliver them to your local police station

**23**  
Spread the word about a local business you love in your community

**24**  
Using sidewalk chalk, create an inspirational pathway



**25**  
Put a cold drink by your mailbox for the postal worker delivering your mail

**26**  
Wipe down the gym equipment when you're done using it



**27**  
Fill a birdhouse with seed for your yard

**28**  
Go on a walk for 30 minutes & pick up every piece of trash you see

**29**  
Write a letter by hand to someone who's made a difference in your life

**30**  
Create homemade bookmarks to donate to your local library