Jan 1: Write a list of your hopes & goals for 2019
Jan 2: Call your parents, grandparents or an older relative just to say hi
Jan 3: Make a donation to a cause you care about online
Jan 4: Take extra winter hats & gloves to a school for children who don’t have them
Jan 5: Instead of asking for birthday presents this year, ask friends & family for donations
Jan 6: Start learning a new skill you’ve always wanted to try but haven’t
Jan 7: Donate tissues & hand sanitizer to a school to help combat flu season
Jan 8: Next time someone is rude to you, don’t get upset: try to understand their point of view
Jan 9: Surprise a friend or family member with hot chocolate
Jan 10: Smile at everyone you see all day long
Jan 11: Research your family tree & share what you learned with other relatives
Jan 12: Go to a movie you’ve been wanting to see by yourself
Jan 13: Make a thank you card for your local firefighters
Jan 14: Share your favorite recipe with a neighbor
Jan 15: Leave extra stamps by the machine at your local post office
Jan 16: Donate coloring books & crayons to a children’s hospital
Jan 17: Remember to turn off the water while brushing your teeth
Jan 18: Send a print of a picture you took of a friend or their child
Jan 19: Make a bucket list & start by completing one thing on it by the end of the day
Jan 20: Respectfully write about a social cause you care about & post it online
Jan 21: Learn something new about someone different from you
Jan 22: Video chat with a relative you haven’t seen in awhile
Jan 23: Help someone brainstorm for an upcoming project
Jan 24: Compliment ten people before noon (on their clothes, smile, anything you can think of!)
Jan 25: Do an act of kindness for someone & encourage them to pay it forward
Jan 26: Buy a box of your friend’s favorite flavor of Girl Scout Cookies & give it to them
Jan 27: Hang clothes to dry instead of using the dryer
Jan 28: Bring your teacher, boss, or coworker coffee in the morning
Jan 29: Make cards for the residents at your local nursing home
Jan 30: Be polite to telemarketers (not just today, but every day)
Jan 31: Pack someone a lunch for the day
Figure out a friend’s half birthday & surprise them with a treat on that day.

Read inspirational kindness quotes on our website for a pick-me-up.

Hold the door open for a group of people.

Invite someone new to sit with you during lunch.

Make a homemade card to send to a friend on the other side of the world.

Tell a friend all the things you love about their family.

Put change in a vending machine for a stranger.

Make a list of 10+ RAKs you’ve been wanting to do & pledge to do them all by the end of the week.

Fill plastic bags with snacks & travel toiletries to keep in your car to give to homeless people.

Leave a pack of baby wipes at a random changing station.

Start a fundraiser online or at your school.

Make a Valentines card for everyone in your class / office.

Write inspiring notes to leave on random cars in a parking lot.

Randomly give a lottery ticket to a stranger.

Acknowledge someone when they walk into the room.

Buy a new toy for your pet or a pet you know.

Share your notes or study guide with a classmate that’s been out sick.

Carry around packets of hand warmers to give to people in need.

You have 24 hours: perform as many acts of kindness as you can!

Lunar New Year

President’s Day

RAK Day

Send A Card Day

Valentines Day

Publicly bring attention to the accomplishments of someone that deserves more recognition.

Follow @rakfoundation on Instagram to add kindness to your social feed.

Random Acts of Kindness
MARCH 2019

SUNDAY

3 Research fun facts about an animal you don’t know much about

World Wildlife Day

10 Look in the mirror & point out 10 things you like about your body

Daylight Savings

17 “Accidentally” drop a dollar to make a stranger feel lucky

St. Patrick’s Day

24 Learn how to say Hello in 10 different languages

Support a crowdfunding project

MONDAY

4 Expand your circle of friends by inviting someone new to town to hang out

5 Learn something new about a different culture

11 Remember to bring a travel mug for your morning coffee

18 Ask & remember the names of people you consistently see on a daily basis

25 Start reading a book that’s been collecting dust on your shelf

TUESDAY

12 When someone does something nice for you, give them a handwritten thank you card

19 Do five things that make you happy

26 Join an online support group

WEDNESDAY

6 Make an effort to start every conversation you have today on a positive note

13 Offer to help a friend study for an upcoming presentation or exam

20 Share your favorite tidbits of life advice with someone

THURSDAY

7 Send tissues to a school for spring allergy season

14 Help a person get out of an awkward situation

21 Praise a coworker or classmate on a recent project they worked hard on

FRIDAY

1 Dive into the history of a woman who made an impact on history

8 Intl. Women’s Day

15 Make plans with that person you’ve been putting off seeing

22 Take a shorter shower than usual to conserve water

SATURDAY

2 Offer to do someone’s laundry

9 Remind a forgetful friend that Daylight Savings is tomorrow

16 Write for fun: whether it’s for a story, poem or your journal - put your pen to paper

23 Donate used towels & blankets to an animal shelter

30 Give a thank you note to your doctor

31 Support a crowdfunding project

Smile & greet strangers on the street

Offer to do someone’s laundry

Remind a forgetful friend that Daylight Savings is tomorrow

Write for fun: whether it’s for a story, poem or your journal - put your pen to paper

Donate used towels & blankets to an animal shelter

Give a thank you note to your doctor

Support a crowdfunding project
<table>
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<tr>
<th>SUNDAY</th>
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</thead>
</table>
| Tell a cheesy joke to a friend to make them smile
*April Fool’s Day* | Wake up early to exercise before you go to work or school | Start a piggy bank for a cause | Leave a reusable grocery bag in a shopping cart with a note that it’s free for the taking | Don’t interrupt others while they are talking | Leave laundry detergent & a bag of quarters with a kind note at a laundromat |
| Eat three balanced, healthy meals and exercise
*World Health Day* | Make an effort to not complain for the whole day | Write a note to give to your sibling with everything you love about them
*National Siblings Day* | Offer to walk your neighbor’s dog | Tape quarters to parking meters | Tip and/or applaud a street performer
*Passover* |
| Help someone carry their groceries to their car | Write a list of 10 things you’re grateful for when you first wake up | Give an umbrella to a stranger on the next rainy day | Laugh at someone’s joke (even if you don’t find it funny) | Remember that no one is perfect & we all make mistakes | Go on a hike & pick up all the trash you see along the trail
*Easter* |
| Fill plastic eggs with kind notes & hide them around your city
*Earth Day* | Attend a local, volunteer cleanup effort | Donate some of your old books to a library or children’s shelter
*World Book Day* | Unplug all the outlets in your house before you leave | Dry playground equipment with a towel after it rains | Dedicate a song to a friend or partner on their favorite radio station
*Hold a food bank drive in your community* |
| Fix something around the house that you’ve been procrastinating | Say "Happy Birthday!" to someone outside of Facebook | | | | |

Easter | Earth Day | World Book Day | National Siblings Day | World Health Day | National Pet Day

April Fool’s Day | April Fool’s Day | April Fool’s Day | April Fool’s Day | April Fool’s Day | April Fool’s Day

Passover | Passover | Passover | Passover | Passover | Passover

Easter | Easter | Easter | Easter | Easter | Easter
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</thead>
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<tr>
<td><strong>Learn about holidays celebrated by cultures different from your own</strong>&lt;br&gt; Cinco de Mayo&lt;br&gt; First Day of Ramadan</td>
<td><strong>Send flowers to the nurses station at your local pediatrician's office</strong>&lt;br&gt; Thank a Teacher Day</td>
<td><strong>Email a former teacher that impacted you</strong>&lt;br&gt; Thank a Teacher Day</td>
<td><strong>Tape cash or a lottery ticket to a gas pump</strong>&lt;br&gt; Give a candy bar to your bus driver</td>
<td><strong>Send a &quot;studying survival&quot; care package to a family friend in college</strong>&lt;br&gt; Resolve to be more authentic in your day-to-day life</td>
<td><strong>Volunteer to read at a local nursing home</strong>&lt;br&gt; Paint compliments on a pot, plant a seed, &amp; give it to a friend</td>
<td><strong>Send hand-drawn thank you cards to veterans</strong>&lt;br&gt; Memorial Day</td>
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<td><strong>Treat your mom (or a mom you know) to a spa day</strong>&lt;br&gt; Mother's Day</td>
<td><strong>Pay off overdue student lunch debt</strong>&lt;br&gt; Pay for lunch</td>
<td><strong>Do a favor without asking for anything in return</strong>&lt;br&gt; Research &amp; draw out your family tree to give to an older relative&lt;br&gt; Intl. Day of Families</td>
<td><strong>Tell your principal how awesome your teacher is</strong>&lt;br&gt; Love a Tree Day</td>
<td><strong>Plant a tree in your yard or community (make sure to ask if it's OK!)</strong>&lt;br&gt; Write a positive review for a local business online</td>
<td><strong>Commute to work or school via bike, public transportation, or carpooling</strong>&lt;br&gt; Foster an animal that's up for adoption</td>
<td><strong>Stamp postcards, give them to strangers &amp; encourage them to get back in touch with someone</strong>&lt;br&gt; Visit your local zoo or aquarium</td>
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<td><strong>Donate a &quot;birthday box&quot; (cake mix, candles, party hats, etc.) to a local shelter</strong>&lt;br&gt; Memorial Day</td>
<td><strong>Create as many cards as you can with a friend to donate to a nursing home</strong>&lt;br&gt; Wheel a neighbor's trashcan / recycling bin out for pick-up</td>
<td><strong>Leave exact change in the change slot of a vending machine</strong>&lt;br&gt; Make an herb garden out of mason jars to grow in your kitchen</td>
<td><strong>Write a positive review for a local business online</strong>&lt;br&gt; Stamp postcards, give them to strangers &amp; encourage them to get back in touch with someone</td>
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<td><strong>Plant flowers in a public, neglected part of town</strong>&lt;br&gt; Memorial Day</td>
<td><strong>Send hand-drawn thank you cards to veterans</strong>&lt;br&gt; Memorial Day</td>
<td><strong>Print a photo with a friend &amp; give it to them</strong>&lt;br&gt; Share about something that changed your life with someone struggling</td>
<td><strong>Make an herb garden out of mason jars to grow in your kitchen</strong>&lt;br&gt; Stamp postcards, give them to strangers &amp; encourage them to get back in touch with someone</td>
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**JUNE 2019**

**SUNDAY**
- Put a dish of fresh water outside your house for your neighbor’s dogs to enjoy
- Eid al-Fitr

**MONDAY**
- Be extra enthusiastic when someone tells you good news
- Share produce from your garden with your neighbors

**TUESDAY**
- Offer your seat to a pregnant, elderly, or handicapped person
- Help a friend write a cover letter or apply to jobs

**WEDNESDAY**
- Learn something new about the planet by watching a nature documentary
- World Environment Day
- Offer to babysit or petsit for free
- Wipe down the gym equipment when you’re done using it

**THURSDAY**
- When you finish reading a great book, leave it in a public place for someone to find
- Schedule a check-up with your doctor or dentist
- Bring treats to give to dogs at the park (be sure to ask the owner if it’s OK!)

**FRIDAY**
- 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

**SATURDAY**
- Pick up trash along the beach or donate to an ocean cleanup charity
- World Oceans Day
- Give your leftovers bag from dinner to a homeless person
- Bake cookies & deliver them to your local police station

- Father’s Day
- Using sidewalk chalk, create an inspirational pathway
- Put a cold drink by your mailbox for the postal worker delivering your mail
- Fill a birdhouse with seed for your yard

- Intl. Children’s Day
- World Oceans Day
- Something new about the planet by watching a nature documentary
- Father’s Day

**30**
- Create homemade bookmarks to donate to your local library
- Write a letter by hand to someone who’s made a difference in your life
**AUGUST 2019**

**SUNDAY**
- Buy food from a local farmer’s market
- Frame an old picture & send it to a friend or family member
- Practice mindfulness
- Offer to help a friend move into their new home

**MONDAY**
- Start a lemonade stand & donate the profits to charity
- Tip your server 50%
- Relay an overheard compliment to the person it was about
- Volunteer to walk shelter dogs that are up for adoption

**TUESDAY**
- Stock a new backpack full of school supplies for a child in need
- Make “spa beauty care packs” with nail polish, lotion, etc. to give to random women
- Leave a positive comment on a news article or blog post
- Say please & thank you

**WEDNESDAY**
- Do chores for a family member that could use some extra free time
- Introduce yourself to your neighbors
- Donate school supplies to a local public school
- Decorate tissue boxes & hand sanitizer to donate to a nurse’s station

**THURSDAY**
- Tell your parents how much you appreciate all that they’ve sacrificed for you
- Stand up for someone or something you believe in
- Treat yourself to your favorite take-out food, get cozy, & watch a movie
- Leave a container of bubbles or a hula hoop at your local park

**FRIDAY**
- Declutter your home by recycling old electronics
- Leave sunscreen & kids sunglasses at the beach
- Buy flowers to hand out to strangers on the street
- Sign up to run / walk a 5K for a cause

**SATURDAY**
- Respect for Parents Day
- National Cat Day
- National Dog Day
- National Relaxation Day
- Put quarters in a gumball machine
- Offer to wash someone’s care for free
- Hand out cold drinks to strangers in the park
- Buy food from a local farmer’s market
- Stock a new backpack full of school supplies for a child in need

**Holidays**
- Respect for Parents Day
- National Cat Day
- National Dog Day
- National Relaxation Day
SEPTEMBER 2019

SUNDAY
1. Put a couple quarters in an expired parking meter
2. Take a moment to kick back, relax, and appreciate the little things in life
   Labor Day
3. Reconnect with an old friend on social media
4. Keep a pen on hand & give it to the first person that asks to borrow it
5. Donate to a friend’s favorite charity in their name
   Intl. Day of Charity
6. Leave a kind note for a stranger in a library book
   Read a Book Day
7. Ask someone under a lot of pressure how you can help
   Intl. Day of Peace
8. Say something encouraging to a parent whose child is throwing a tantrum in public
9. Give a heartfelt note to your boss or mentor
10. Donate new pajamas to children in foster care
11. Make a card for someone who just underwent surgery
   Day of Encouragement
12. Send an encouraging email to a friend or coworker
13. Teach someone a new trick about using the Internet
14. Clip or print inspirational news stories to leave in hospital waiting rooms
15. Place little containers of bird seed at the park for strangers to feed the birds
16. Frame a friend’s favorite quote & give it to them
17. Stick up for someone when they are being gossiped about
18. Thank the maintenance and cafeteria staff at your school or office
19. Give someone an unexpected compliment
20. Write positive messages & put them in pants pockets at a clothing store
21. Forgive someone that you’ve been holding a grudge against
   Intl. Day of Peace
22. Work a shift in a soup kitchen
23. Set an alarm on your phone to remind you to do (at least!) one RAK a day
24. Wave at kids riding a school bus
25. Introduce yourself to someone new
26. Give a plant to your teacher, boss or coworker
27. Don’t speak over other people
28. Deliver treats or flowers to a neighbor’s house
   Good Neighbor Day
29. Watch a documentary about something you don’t know much about
   Rosh Hashanah
30. Teach someone how to make your favorite healthy meal
Hello

1. Organize a local cleanup effort
   World Habitat Day
2. Sign up to become a RAKtivist on our website
3. Grow out your hair to donate to a charity for cancer patients
4. Pledge to use less plastic to lessen your carbon footprint
   World Animal Day
5. Make a teacher smile: surprise them with a treat, note, or kind word
   World Teacher Day; World Smile Day

6. Sign up to become a literacy tutor at a local school or library
7. Tape a video message to send to a faraway friend
8. Donate dog and/or cat food to an animal shelter
9. Pay a stranger’s library fees
   Yom Kippur
10. Reach out to someone you know going through a tough time & let them vent
    World Mental Health Day
11. Write a letter to a woman who has made a difference in your life
    Intl. Day of the Girl
12. Teach a child or teenager techniques for being financially responsible

13. Draw a picture for a friend
14. Clip coupons & put them next to corresponding items at the grocery store
15. Leave a bucket of old toys & tennis balls at the dog park
16. Write a poem for your parents
17. Make care bags to give to homeless people
18. Stop to offer directions to someone who looks lost
19. Make a friendship bracelet & give it to a new friend

20. Paint positive messages on pumpkins
21. Collect socks you don’t need & donate them to a “Socktober” drive
22. Accomplish one task on your bucket list
23. Be patient on the road - allow drivers merge into traffic
24. Go to a coffee drive thru & pay for the order behind you
25. Tape a bag of microwave popcorn to a DVD rental machine
26. Talk to a stranger at a party that looks like they don’t know anyone

27. Donate old Halloween costumes to a children’s hospital
28. Make homemade play-doh to donate to a preschool class
29. Volunteer to cover a coworker’s shift
30. Make monster sock puppets to give to kids
31. Compliment as many Halloween costumes as you can
   Halloween

Diwali
NOVEMBER 2019

SUNDAY
- Get some fresh air & exercise by trying a new outdoor activity
- Daylight Savings

MONDAY
- Send flowers anonymously to a receptionist
- Veterans Day

TUESDAY
- Bring an extra snack to give away before you leave your house
- World Kindness Day

WEDNESDAY
- Tell someone why they are special to you
- Stress Awareness Day

THURSDAY
- Spend an hour doing something to reduce the stress in your life
- World Hello Day

FRIDAY
- Buy discount Halloween candy to give to kids who didn’t get the chance to trick-or-treat
- Thanksgiving

SATURDAY
- Become CPR certified so you can be prepared in the event of an emergency
- Intl. Day for Tolerance

Activities:
- Write positive messages on bathroom mirrors with a dry erase marker
- Make homemade cards for a retirement community
- Donate canned goods to a food bank
- Fill a jar with candy & compliments to give to a friend or family member
- Hang a positive note or news clipping on a bulletin board
- Research different charities & donate to your favorite
- Volunteer to play board games at your local nursing home
- Send flowers anonymously to a receptionist
- Leave hats, gloves, and/or blankets on a park bench for strangers in need
- Buy a warm meal for someone in need
- Hand out notes with compliments on them to friends
- Buy a bunch of balloons & hand them out to random kids you see around town
- Say “hello” to someone you don’t know
- Leave hats, gloves, and/or blankets on a park bench for strangers in need
- Write a nice comment on your friend’s blog or social media post
- Do 35 jumping jacks right when you wake up to get your adrenaline pumping

Gratitude
**DECEMBER 2019**

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</tr>
<tr>
<td>Make someone a homemade blanket or scarf</td>
<td>Ask an acquaintance how their family celebrates the holidays</td>
<td>Donate what you can to an online fundraiser Giving Tuesday</td>
<td>Reuse or personalize gift wrap to reduce waste during the holidays</td>
<td>Purchase something for someone in need on a public wishlist</td>
<td>Give a note from Santa to a child you know</td>
<td>Say yes to the cashier next time they ask if you want to donate $1 to whichever cause</td>
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<td>Offer to cook a meal for a family that just had a baby</td>
<td>Remind yourself that everyone has their own struggles &amp; cut someone some slack</td>
<td>Research a cause &amp; pass on the knowledge you gain to others Human Rights Day</td>
<td>Tie scarves around trees for a cold stranger</td>
<td>Slip a $5, $10, or $20 bill into a box of diapers</td>
<td>Tidy up a store’s dressing room before leaving</td>
<td>Leave a generous tip for your server</td>
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<td>Offer to help your neighbor shovel snow</td>
<td>Put candy canes on car doors in a parking lot</td>
<td>Tell a manager about outstanding customer service</td>
<td>Donate toys to a children’s hospital and/or homeless shelter</td>
<td>Re-fold the rumpled clothes on store display tables</td>
<td>Be understanding of traveling parents with grumpy / noisy kids</td>
<td>Start a conversation with a stranger while waiting in line</td>
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<tr>
<td>Research a scientific topic that interests you</td>
<td>Invite someone whose family is faraway to have dinner with yours Hanukkah</td>
<td>Call someone in your family you haven’t seen in awhile Christmas Eve</td>
<td>Give sincere, handwriten thank you notes to all that made your holiday special Christmas</td>
<td>Take a picture with your family to send to an older relative Kwanzaa</td>
<td>Donate some of the presents you got but don’t need to an orphanage</td>
<td>Compliment your neighbor’s holiday lights and/or decorations</td>
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<tr>
<td>Offer to take a picture of a couple trying to take a selfie</td>
<td>When you use a gift card, tell the cashier to apply the leftover balance to the next person in line</td>
<td>Reflect on everything you accomplished this year &amp; take time to be grateful New Year’s Eve</td>
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**Special Dates**
- Hanukkah: December 2-10
- Christmas Eve: December 24
- Christmas: December 25
- New Year’s Eve: December 31
- Giving Tuesday: December 3
- Human Rights Day: December 10
- Kwanzaa: December 26-31

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**Other Opportunities**
- **Hanukkah (December 2-10):** Call a friend or relative who celebrates Hanukkah.
- **Christmas Eve (December 24):** Prepare a special dinner for a family who might not have plans.
- **Christmas (December 25):** Send a handwritten card to a family member or friend.
- **New Year’s Eve (December 31):** Plan a special activity or tradition for your family on New Year’s Eve.
- **Giving Tuesday (December 3):** Donate to a cause you support.
- **Human Rights Day (December 10):** Educate someone about human rights.
- **Kwanzaa (December 26-31):** Share a meal or gift with someone during this holiday.

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**Important Reminders**
- **Use Gift Cards:** When giving gift cards, consider donating the unused balance to charity.
- **Sincere Thanks:** Express gratitude to those who made your holiday special.
- **New Year Reflections:** Take time to reflect on what you accomplished this year and be grateful.