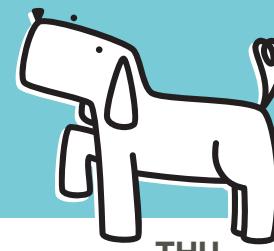


# MARCH 2020



## RANDOM ACTS OF KINDNESS FOUNDATION™

[www.randomactsofkindness.org](http://www.randomactsofkindness.org)

| SUN                                                                                                                                | MON                                                                                                                | TUE                                                                                      | WED                                                                                              | THU                                                                                                | FRI                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | SAT                                                                                  |          |    |    |    |    |    |    |       |  |  |  |  |  |  |   |   |   |   |    |   |    |   |   |   |   |    |   |    |  |  |  |  |  |  |   |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |
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| 1<br>Help your children, nieces or nephews with their homework.                                                                    | 2<br>Make a donation to a global charity of your choice at: <a href="http://bkind.ly/giving">bkind.ly/giving</a> . | 3<br>Make a purchase from a local business.                                              | 4<br>Take fresh baked goods to a police or fire station with a note of thanks for their service. | 5<br>Find a weekend event that supports your passion.                                              | 6<br>Create a poster with an uplifting saying and post it in a public space.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 7<br><b>FREE DAY!</b><br>Live your passion!                                          |          |    |    |    |    |    |    |       |  |  |  |  |  |  |   |   |   |   |    |   |    |   |   |   |   |    |   |    |  |  |  |  |  |  |   |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |
| INTERNATIONAL WOMEN'S DAY<br>8<br>Share a post about an influential woman in your life.                                            | 9<br>Everyone is important. Learn the names of your receptionist, security guard and custodians.                   | 10<br>Slip a \$10 bill in with a box of diapers and leave it at a baby changing station. | 11<br>Plan to become CPR certified this year.                                                    | 12<br>Publicly acknowledge and/or praise someone who deserve the attention but rarely receives it. | 13<br>Share your favorite song with your social media community.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 14<br>Take today to kick back, relax and reflect on what's really important in life. |          |    |    |    |    |    |    |       |  |  |  |  |  |  |   |   |   |   |    |   |    |   |   |   |   |    |   |    |  |  |  |  |  |  |   |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |
| 15<br>If allowed, schedule a time to bring your dog to your local children's hospital or nursing home for a visit to lift spirits. | 16<br>Share your career goals with your boss or a colleague.                                                       | 17<br>Change three small things about your routine that will help the environment.       | 18<br>Send a college student you know a care package.                                            | 19<br>Create a kindness idea basket for coworkers to add to and grab ideas from.                   | INTERNATIONAL DAY OF HAPPINESS<br>20<br>Spend the day doing what makes you happy.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 21<br>Compliment three strangers today.                                              |          |    |    |    |    |    |    |       |  |  |  |  |  |  |   |   |   |   |    |   |    |   |   |   |   |    |   |    |  |  |  |  |  |  |   |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |
| 22<br>Participate in a community fundraiser.                                                                                       | 23<br>Make a bucket list and start by completing one thing on it by the end of this week.                          | 24<br>Learn to say hello or thank you in a coworker's or friend's native language.       | 25<br>Leave a flower on someone's desk, windshield, or in their mailbox.                         | 26<br>Make a conscious effort to avoid judging others today.                                       | 27<br>Stay a little later to assist a coworker with their workload.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 28<br>Donate gently worn clothes to your local thrift store.                         |          |    |    |    |    |    |    |       |  |  |  |  |  |  |   |   |   |   |    |   |    |   |   |   |   |    |   |    |  |  |  |  |  |  |   |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |
| 29<br>Send someone who is sick some chicken soup and a get well card.                                                              | 30<br>Listen to an upbeat playlist while you're getting ready or on your commute to work.                          | 31<br>Treat your server to a dessert as a surprise.                                      | 1                                                                                                | 2                                                                                                  | <table border="0"> <tr> <td colspan="7">FEBRUARY</td> <td colspan="7">APRIL</td> </tr> <tr> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td> </tr> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td>1</td> <td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td> </tr> <tr> <td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td> <td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td> </tr> <tr> <td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td> <td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td> </tr> <tr> <td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td> <td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td> </tr> <tr> <td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td> <td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td> </tr> </table> |                                                                                      | FEBRUARY |    |    |    |    |    |    | APRIL |  |  |  |  |  |  | S | M | T | W | Th | F | Sa | S | M | T | W | Th | F | Sa |  |  |  |  |  |  | 1 |  |  |  | 1 | 2 | 3 | 4 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 26 | 27 | 28 | 29 | 30 |  |  |
| FEBRUARY                                                                                                                           |                                                                                                                    |                                                                                          |                                                                                                  |                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                      | APRIL    |    |    |    |    |    |    |       |  |  |  |  |  |  |   |   |   |   |    |   |    |   |   |   |   |    |   |    |  |  |  |  |  |  |   |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |
| S                                                                                                                                  | M                                                                                                                  | T                                                                                        | W                                                                                                | Th                                                                                                 | F                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Sa                                                                                   | S        | M  | T  | W  | Th | F  | Sa |       |  |  |  |  |  |  |   |   |   |   |    |   |    |   |   |   |   |    |   |    |  |  |  |  |  |  |   |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |
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| 2                                                                                                                                  | 3                                                                                                                  | 4                                                                                        | 5                                                                                                | 6                                                                                                  | 7                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 8                                                                                    | 5        | 6  | 7  | 8  | 9  | 10 | 11 |       |  |  |  |  |  |  |   |   |   |   |    |   |    |   |   |   |   |    |   |    |  |  |  |  |  |  |   |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |
| 9                                                                                                                                  | 10                                                                                                                 | 11                                                                                       | 12                                                                                               | 13                                                                                                 | 14                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 15                                                                                   | 12       | 13 | 14 | 15 | 16 | 17 | 18 |       |  |  |  |  |  |  |   |   |   |   |    |   |    |   |   |   |   |    |   |    |  |  |  |  |  |  |   |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |
| 16                                                                                                                                 | 17                                                                                                                 | 18                                                                                       | 19                                                                                               | 20                                                                                                 | 21                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 22                                                                                   | 19       | 20 | 21 | 22 | 23 | 24 | 25 |       |  |  |  |  |  |  |   |   |   |   |    |   |    |   |   |   |   |    |   |    |  |  |  |  |  |  |   |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |
| 23                                                                                                                                 | 24                                                                                                                 | 25                                                                                       | 26                                                                                               | 27                                                                                                 | 28                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 29                                                                                   | 26       | 27 | 28 | 29 | 30 |    |    |       |  |  |  |  |  |  |   |   |   |   |    |   |    |   |   |   |   |    |   |    |  |  |  |  |  |  |   |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |