

# MAY 2020



## RANDOM ACTS OF KINDNESS FOUNDATION™

www.randomactsofkindness.org

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3 Download a meditation app and try it out tonight before bed.	4 Send a friend or family member a framed picture of a special moment between you both.	5 THANK A TEACHER DAY Thank a teacher who made a positive impact on your life.	6 Make a small loan to low-income entrepreneurs and students in over 80 countries at <a href="http://bkind.ly/kiva">bkind.ly/kiva</a> .	7 Acknowledge someone with a smile or warm greeting when they walk into the room .	8 Cook a meal or do a load of laundry for a friend who's just had a baby.	9 Host a potluck! Invite people to bring a dish from their original or adoptive culture.																																																																																				
10 Create a photo album of your family for your mother or parent.	11 Invite a coworker who you don't know very well out to lunch.	12 Buy someone a gift certificate to their favorite coffee shop.	13 Find one way to be more involved in your community.	14 Create encouraging signs to hold up to cheer on your city's marathon runners.	15 Do something kind for someone you don't particularly like.	16 When someone leaves a party or event on their own, text them to make sure they arrived home safe.																																																																																				
17 Do something childlike today such as swing on a playground or ride a roller coaster.	18 Participate in a "Pack-A-Backpack" for a child.	19 Stop and thank an officer or fireman for their service.	20 Join a volunteer group.	21 Pay for the toll for the driver behind you.	22 Leave small containers of birdseed near a park or lake for other people to feed the birds.	23 Put some change in an envelope and tape it to a 25¢ candy vending machine.																																																																																				
24 <b>FREE DAY!</b> How have you practiced mindfulness this week?	25 Make spa beauty care packages with lotion, nail polish, and nail files for the ladies in your life.	26 Put a \$10 or \$20 bill in a book with a note that says, "Great choice! This book is on me!"	27 Take your time eating and savor every bite.	28 Make the switch to cruelty-free products.	29 Send a handwritten letter to someone who's made a difference in your life.	30 Mow your neighbors lawn after mowing your own.																																																																																				
31 Leave a fun surprise or treat in your mailbox for your mail carrier.	1	2	3	4	5	6																																																																																				