

JULY 2020



RANDOM ACTS OF KINDNESS FOUNDATION™

www.randomactsofkindness.org

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																											
<p>JUNE</p> <table border="1"> <tr><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>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td><td></td></tr> </table> <p>AUGUST</p> <table border="1"> <tr><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></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	Th	F	Sa		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30					S	M	T	W	Th	F	Sa							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							30	1	2	3	4
S	M	T	W	Th	F	Sa																																																																																											
	1	2	3	4	5	6																																																																																											
7	8	9	10	11	12	13																																																																																											
14	15	16	17	18	19	20																																																																																											
21	22	23	24	25	26	27																																																																																											
28	29	30																																																																																															
S	M	T	W	Th	F	Sa																																																																																											
						1																																																																																											
2	3	4	5	6	7	8																																																																																											
9	10	11	12	13	14	15																																																																																											
16	17	18	19	20	21	22																																																																																											
23	24	25	26	27	28	29																																																																																											
30	31																																																																																																
		Offer a cold bottle of water to someone working outside in the heat.	Leave snacks such as high energy granola bars in a hospital waiting room.	Surprise your best friend with a small gift or treat.	Have a BBQ and invite friends, family, and neighbors over.																																																																																												
5	6	7	8	9	10	11																																																																																											
Go stargazing in the evening alone or with a friend / partner.	Wake up early to exercise before going to work.	Plan a neighborhood block party so everyone can get to know one another.	Allow someone to merge into traffic.	Compliment someone on an attribute of theirs, not a physical trait or item of clothing.	Place positive quotes on buses, trains, doors, etc. to put a smile on a passersby's face.	Make plans with that person you've been putting off.																																																																																											
12	13	14	15	16	17	18																																																																																											
Hand out popsicles at the playground.	Invite someone you don't know very well to coffee.	Give away one of your possessions for free.	Buy five single flowers and hand them out to strangers.	Share / re-tweet an 'adopt an animal' post on your social media.	Feed birds in the park.	Go for a hike and enjoy a day in nature.																																																																																											
19	20	21	22	23	24	25																																																																																											
Do something you love today.	Send information regarding upcoming local events which you think a friend or family member might enjoy.	Use the words "I respect where you're coming from". If you find yourself in a disagreement.	Send a card or letter to a lonely elder at bkind.ly/cards	Turn off devices for the evening. Spend time with your family or friends playing board games, sharing laughs and creating memories.	Go to a dog park and pass out dog treats.	FREE DAY! Find a way to show someone you care today.																																																																																											
26	27	28	29	30	31	1																																																																																											
Organize a nature clean up day with friends.	Sign up to read to patients at your local children's hospital.	Do something that you find challenging today.	Offer to help someone who has just endured a major life event or loss.	Leave a thank you note to your office custodians.	Participate in a fundraiser.																																																																																												