

RANDOM ACTS OF KINDNESS FOUNDATION

www.randomactsofkindness.org

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31	RESPECT FOR 1 PARENTS DAY
						Write a letter of appreciation to your parents.
INTERNATIONAL DAY 2 OF FRIENDSHIP	3	Leave a basket of 4 snacks and bottled water by your front	Do a household 5 chore that your partner normally does	6	7	8
Host a get together with friends.	Make a conscious effort to smile more today.	door at home and/or at work for delivery workers.	to show them that you appreciate how much they do.	Leave encouraging notes for local street performers/artists.	Organize a "Charity Day" at work.	Set aside some time today for self-care.
9	10	11	12	13	14	15
Organize a picnic day at the park with friends, family or partner.	Leave an inspiring book on the train with a note to pass it on.	Help a parent traveling solo to entertain their kids .	Donate to an animal related cause.	Create a community GoFundMe for a family in financial crisis.	Purchase bright yellow tulips and hand them to a stranger who is alone.	Find an outdoor hobby or outdoor group to join.
Offer to drive a senior citizen to an appointment or for an errand.	Listen to everyone's opinion and thank them for sharing.	Make a habit of including healthy food choices into your daily diet.	FREE DAY! How can you go outside your comfort zone today?	Offer to shop for someone going through a difficult time.	Mentor someone at work.	Make a playlist of music that inspires you and put it on your phone to listen to regularly.
23 Be present today.	24 Prepare a home cooked meal for your family. Make an extra dish to deliver to a homeless person.	25 Spend a day saying only nice things about everyone.	26 Give someone the gift of your ear by listening to them today.	Put your phone away while in the company of others.	Plan a weekend getaway in nature and unplug from all electronic devices.	29 Get inspired! Play a musical instrument.
30 Gift an inspiring book.	31 Organize a workplace volunteer activity.	1	2	3	JULY 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	SEPTEMBER 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