

SEPTEMBER 2020



**RANDOM ACTS OF KINDNESS
FOUNDATION**

www.randomactsofkindness.org

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		Register to vote and encourage others to do so.	Deliver homemade cookies to a friend or neighbor.	Use less plastic and be more conscious about recycling.	Tape bus fare to a bus stop for someone in need.	Host a popcorn and movie night with your friends or family.																																																																																																																	
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Be a tourist in your own city for a day.	Start a food drive at work.	Tape a few single dollar bills to a vending machine with a note saying "next snack is on me, enjoy."	Pick a street and write "have a great day" message on every driveway in colorful chalk.	Pack lunches and hand them out to the homeless in your neighborhood.	When paying bills, add a fun message along with your payment.	Write down three things you are passionate about.																																																																																																																	
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Take time out today to crank up and enjoy your favorite music.	Create bookmarks with inspirational messages and hide them in library books for strangers to find.	Volunteer to serve in a soup kitchen.	Make time to meet a new friend or group of friends to widen your social circle.	Invite your coworkers out to happy hour.	Leave a basket of treats out for the garbage men with a note of gratitude for keeping your neighborhood clean.	Have confidence in yourself and your abilities.																																																																																																																	
20	INTERNATIONAL DAY OF PEACE 21	22	23	24	25	26																																																																																																																	
Try a session of acupuncture or get a massage.	Organize a community volunteer project or program.	Carry a stranger's grocery bags.	Help to clean a new mother's home or bring her groceries to lighten her load.	Visit a nursing home and spend time talking to a resident and listening to their stories.	FREE DAY! Get creative! Make up your own RAK today!	Listen to an inspirational podcast.																																																																																																																	
27	GOOD NEIGHBOR DAY 28	29	30	1	<table border="1"> <thead> <tr> <th colspan="7">AUGUST</th> <th colspan="7">OCTOBER</th> </tr> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>Sa</th> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>Sa</th> </tr> </thead> <tbody> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td>1</td> <td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</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>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</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>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</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>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</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>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td> </tr> <tr> <td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </tbody> </table>		AUGUST							OCTOBER							S	M	T	W	Th	F	Sa	S	M	T	W	Th	F	Sa							1						1	2	3	2	3	4	5	6	7	8	4	5	6	7	8	9	10	9	10	11	12	13	14	15	11	12	13	14	15	16	17	16	17	18	19	20	21	22	18	19	20	21	22	23	24	23	24	25	26	27	28	29	25	26	27	28	29	30	31	30	31												
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Treat a friend to dinner at a new restaurant in town.	Do something nice for your neighbor.	Say hello to a stranger and ask how their day is going.	Collect baby clothes and supplies to donate to new parents who need them.																																																																																																																				