

# DECEMBER 2020



**RANDOM ACTS OF KINDNESS  
FOUNDATION**

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

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		Join "Soldiers' Angels" and send a holiday care package to a deployed service member.	Hand out candy canes along with a smile or a note wishing the recipient a joyful holiday season.	Offer life or career advice to a younger person.	Send cheerful holiday cards with inspiring quotes to hospitalized children using the "Cardz for Kidz" service.	Contribute toys to your local "Toys for Tots" campaign.																																																																																																																	
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Take a hot bath. Soaking in a hot tub, preferably with Epsom salt and aromatherapy oils.	Get festive and decorate your home for the holidays.	Spend time in nature by going on a hike or a walk through the park.	Send family, friends and coworkers coupons to their favorite shops.	Send coloring books, toys, and balloons to children's hospitals.	Pay for the coffee, the toll, or the bus fare for the person behind you.	Spend time talking to the person who is standing alone at a holiday party / event.																																																																																																																	
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Treat yourself to a small purchase of something that makes you smile, such as candy, candles, jewelry, or a book.	Carpool or take public transportation today to work.	Create handmade holiday gifts for friends, family and coworkers.	Take a friend or family member on a spontaneous adventure.	<b>FREE DAY!</b> How can you show respect today?	Start your next work meeting with an inspiring video.	Create a kindness tree and ask family and friends to decorate it with ornaments that have notes attached of a kind act they did.																																																																																																																	
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Reach out to a neighbor to offer any help they might need.	Get some friends together and gather treats for delivery workers with a note of appreciation for all their hard work.	Leave dollar bills on the shelves at the local dollar store with a note that says "treat yourself to anything in the store—on me."	Prepare a meal for or help out a family that is struggling with an emotional or financial hardship.	Open your home for the holidays. Invite neighbors and friends over for drinks or dessert.	Gift a loved one an experience rather than a material gift.	Schedule an after-the-holidays massage for yourself.																																																																																																																	
27	28	29	30	NEW YEAR'S EVE 31	<table border="1"> <thead> <tr> <th colspan="7">NOVEMBER</th> <th colspan="7">JANUARY</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>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td> <td></td><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td> </tr> <tr> <td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> </tr> <tr> <td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td> <td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> </tr> <tr> <td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td> <td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td> </tr> <tr> <td>29</td><td>30</td><td></td><td></td><td></td><td></td><td></td> <td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td> </tr> <tr> <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></td><td>31</td> </tr> </tbody> </table>		NOVEMBER							JANUARY							S	M	T	W	Th	F	Sa	S	M	T	W	Th	F	Sa	1	2	3	4	5	6	7							1	2	8	9	10	11	12	13	14	3	4	5	6	7	8	9	15	16	17	18	19	20	21	10	11	12	13	14	15	16	22	23	24	25	26	27	28	17	18	19	20	21	22	23	29	30						24	25	26	27	28	29	30														31
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Name a star after someone at <a href="http://bkind.ly/star">bkind.ly/star</a>	Take a long walk in silence.	Pack extra snacks to offer to friends or coworkers.	Make a list of ten things you'd like to accomplish next year.	Celebrate a year of kindness by becoming a RAKtivist@ at <a href="http://bkind.ly/raktivist">bkind.ly/raktivist</a>																																																																																																																			