









APRIL 2022

make
kindness
the norm.



SUN	MON	TUE	WED	THU	FRI	SAT
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World Party Day  Do something childlike today such as, using the swing or riding a roller coaster.	4	5  Hand out free umbrellas to strangers in the street on a rainy day.	6 Leave an inspiring poem or painting somewhere in the community for someone to randomly discover.	7 World Health Day Make a conscious effort to hydrate, exercise, and eat better more often.	8 April Fools Day Pull a playful prank on your coworkers.	9 Ramadan Begins Start an outdoor hobby to enjoy such as biking or hiking.
Siblings Day / Palm Sunday 10 Call your siblings and tell them you appreciate them.	11 National Pet Day  Take old blankets and towels to a local animal shelter.	12 Treat everyone you meet today with respect.	13 Scrabble Day Invite some family or friends over for a fun game of scrabble or chess.	14 Look up at the Sky Day Be present. Lie in the grass and stare up at the sky.	15 Good Friday / World Art Day Support your local art community by making a purchase from a local artist.	16 Send dessert anonymously to another table in a restaurant.
17 Easter Sunday Take today to kick back, relax, and reflect on what's important in life.	18 Wake up early to exercise before going to work.	19 Send cheerful cards to lonely seniors.	20 FREE DAY! Show compassion in one way today.	21  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."	22 Earth Day  Reduce your carbon footprint! Walk or bike to work.	23 Be kind to people both online and offline; cyber-bullying hurts too.
24 Check in with a friend or family member to make sure they're doing well.	25  Bring in treats to add to your office pantry for your team members to enjoy.	26  Leave a note on the public restroom mirror that says "you look great!"	27 Email a joke or funny video to a group of friends.	28 Take your Child to Work Day Plan a special day out with your child, niece or nephew.	29 International Dance Day  Blast some music and dance like you just don't care.	30 Honesty Day Attempt to be more honest in your relationships.