









MAY 2022

make
kindness
the norm.



SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
1 Ask your neighbors if they need you to pick up groceries while you shop.	2 Write a sweet, encouraging note and put it in your child's lunch box or under their pillow.	3 Pay the toll for the driver behind you.	4 Star Wars Day Treat the children in your life to a sci-fi movie today.	5 Cinco de Mayo Invite friends over for dinner to celebrate Mexican culture and heritage today.	6  Plan a family camping trip.	7 Free Comic Book Day Buy the child in your life their favorite comic book.																																																																																																		
8 Mother's Day  Gift your mother a scrapbook of shared favorite family memories.	9 Organize a "Charity Day" at work.	10  Slip a \$10 bill in with a random box of diapers at the store.	11 Eat What you Want Day Eat what you want today and savor every bite.	12 International Nurses Day  Take flowers or treats to the nurses' station at your nearest hospital.	13 Friday the 13th Spend time in nature and recharge by going on a hike.	14  Watch the sunset on a hammock with someone special.																																																																																																		
15 Chocolate Chip Cookies Day Deliver homemade cookies to a neighbor.	16 FREE DAY! Get creative! Make up your own random act of kindness today!	17 Donate to an endangered species charity.	18 No Dirty Dishes Day Show your appreciation by doing a household chore that your partner normally does.	19 Bring gently used clothing and footwear to your local donation station.	20 Tip your waitstaff generously with a note thanking them for their great service. 	21 Set aside some time today for self-care.																																																																																																		
22 Buy a Musical Instrument Day Commit to learning how to play a new musical instrument this year.	23 Use reusable grocery bags and hand a few extras out to other shoppers.	24 Plan to attend a cultural event in your community.	25 Africa Day Take a long walk on the beach or a quiet trail on a sunny day.	26 Put together a self-care basket for a stressed-out friend or relative.	27 Sunscreens Day  Purchase small sunscreen bottles and pass them out to friends/ coworkers to use this summer.	28 Invite a friend, neighbor, or co-worker home for dinner.																																																																																																		
29 Shop small. Support your local mom and pop shops.	30 Memorial Day  Have a yard sale and donate the profits to your favorite charity.	31 Volunteer with your local fire station or rescue team.	1	2	<div> <div>APRIL</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> </table> </div> <div> <div>JUNE</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> </table> </div>		S	M	T	W	Th	F	S	27	28	29	30	31	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	1	2	3	4	5	6	7	S	M	T	W	Th	F	S	29	30	31	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	1	2	3	4	5	6	7	8	9
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