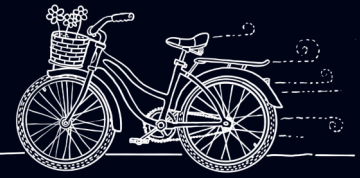

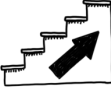







SEPTEMBER 2022

make
kindness
the norm.



SUN	MON	TUE	WED	THU	FRI	SAT
AUGUST S M T W Th F S 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 31 1 2 3 4 5 6 7 8 9 10	OCTOBER S M T W Th F S 25 26 27 28 29 30 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 1 2 3 4 5	30	31	 1 Surprise someone with a thoughtful, inexpensive gift.	2 Plan a neighborhood block party so everyone can get to know each other better.	3 Leave a jar of coins for others to use at a wishing fountain.
4 Buy a decadent treat at the grocery store or your favorite bakery for yourself.	Labor Day 5 Take a scenic drive to the mountains to enjoy the Fall foliage.	Read a Book Day 6 Start a new book about a topic that is completely unknown to you.	7 Send a framed family photo to your parents or grandparents.	8 Donate books, puzzles, and games to elementary schools or daycare centers.	9 FREE DAY! How can I show generosity today?	10 Help a friend on their moving day.
World Suicide Prevention Day 11 Offer to help someone who has just endured a major life event or loss.	 12 Share your career goals with your boss or a colleague.	Positive Thinking Day 13 Become an agent of positivity.	 14 Donate shoes, boots, and warm clothes to a homeless shelter.	15 Put some change in an envelope and tape it to a 25¢ candy vending machine.	Collect Rocks Day 16 Paint inspiring words on rocks and leave them in the community for others to find.	National Clean Up Day 17 Gather some coworkers to help pick up trash in your local park during lunch. 
 18 Play a board game or do a puzzle with friends and/or family.	19 Make a list of five things you are grateful for.	20 Start a Kindness Club at your school or workplace.	International Day of Peace 21 Say something nice to someone you do not particularly like.	22 Start a chain of kindness and pay for the next person's order at a drive-thru.	 23 Pay attention to your internal dialogue.	24 Do something crafty, such as knitting, sewing, or painting.
Rosh Hashanah Begins 25 Send a handwritten letter to someone who's made a difference in your life.	Love Note Day 26 Make the switch to cruelty-free products.	World Tourism Day 27 Get out and explore! Be a tourist in your own city for a day.	Good Neighbor Day 28 Leave extra quarters in a zip up bag and tape it to coin-op laundry machines with a note that says, "Your next load is on me".	 29 Leave a positive note in library books for strangers to discover.	30 Ask for and accept help when needed.	1