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### World Suicide Prevention Day
- October 10th

### Labor Day
- September 5th

### Take a scenic drive to the mountains to enjoy the Fall foliage.

### Share your career goals with your boss or a colleague.

### Offer to help someone who has just endured a major life event or loss.

### Share a framed family photo to your parents or grandparents.

### Donate shoes, boots, and warm clothes to a homeless shelter.

### Put some change in an envelope and tape it to a 25¢ candy vending machine.

### Paint inspiring words on rocks and leave them in the community for others to find.

### Leave a jar of coins for others to use at a wishing fountain.

### Help a friend on their moving day.

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### Do something crafty, such as knitting, sewing, or painting.

Visit [www.randomactsofkindness.org](http://www.randomactsofkindness.org) for more kindness ideas.

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