

JUNE 2023

make
kindness
the norm.™

| SUN | MON | TUE | WED | THU | FRI | SAT |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------|
| <p>MAY</p> <p>S M T W Th F S</p> <p>30 1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30 31 1 2 3</p> <p>4 5 6 7 8 9 10</p> | <p>JULY</p> <p>S M T W Th F S</p> <p>25 26 27 28 29 30 1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30 31 1 2 3 4 5</p> | | 31 | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Participate in the cleanup of a local river, pond, or lake. | Donate a vacation or sick day to a colleague who's struggling with an illness or caring for a sick loved one. | Set up a free flower stand in your neighborhood. | Send your best friend a framed picture of a special moment between you both. | Leave bottles of bubbles inside a children's park for them to find with a note that says "FREE BUBBLES!" | FREE DAY! How can you build a new relationship? | Offer a glass of iced tea to a neighbor doing yard work. |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| Find time to read an inspiring book. | Be mindful of the energy you bring to your workplace. | Register to become a donor this year. | Spend time in nature and take pictures. | Attend a caring support group or make new friends by attending a local event at meetup.com. | Let someone else take an available parking spot. | Plan a picnic with your family or friends. |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| Treat your father figure to dinner at his favorite restaurant. | Acknowledge all of your co-workers with a big smile and warm greeting. | Write a letter to yourself at futureme.org about your positive attributes to read at a later date. | Put aside your own viewpoint and try to view things from the other person's perspective. | Leave a basket of food for a family who is struggling financially. | Make dinner for a neighbor who has just had a baby or surgery. | Go stargazing in the evening. |
| 25 | 26 | 27 | 28 | 29 | 30 | 1 |
| Mow your neighbor's lawn, rake their leaves, or sweep their sidewalk as a surprise. | Be courteous and offer your seat to another on the train or bus. | Donate 'like new' stuffed animals and toys to charities or shelters for children to enjoy. | When others are gossiping, be the one to chime in with something positive. | Offer a cold bottle of water to someone working outside in the heat. | Take fresh-baked goods to a police, or fire station with a note of thanks for their service. | |