<table>
<thead>
<tr>
<th>Date</th>
<th>Kindness Idea</th>
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<tbody>
<tr>
<td>2</td>
<td>Cook a meal or do a load of laundry for a friend who has just had a baby.</td>
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<tr>
<td>3</td>
<td>Invite a small group of friends out for a fun night of bowling.</td>
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<td>4</td>
<td>Have each guest at the dinner table say aloud one thing they are grateful for.</td>
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<td>5</td>
<td>Participate in the cleanup of a local river, pond, or lake.</td>
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<td>6</td>
<td>Donate a vacation or sick day to a colleague who’s struggling with an illness or caring for a sick loved one.</td>
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<td>7</td>
<td>Set up a free flower stand in your neighborhood.</td>
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<td>8</td>
<td>Send your best friend a framed picture of a special moment between you both.</td>
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<tr>
<td>9</td>
<td>Leave bottles of bubbles at a children’s park for them to find with a note that says “FREE BUBBLES”.</td>
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<tr>
<td>10</td>
<td>Reach out to an old friend you haven’t spoken to in a while.</td>
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<tr>
<td>11</td>
<td>Offer a glass of iced tea to a neighbor doing yard work.</td>
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<tr>
<td>12</td>
<td>Find time to read an inspiring book.</td>
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<tr>
<td>13</td>
<td>Be mindful of the energy you bring to your workplace.</td>
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<td>14</td>
<td>Register to become a donor this year.</td>
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<tr>
<td>15</td>
<td>Spend time in nature and take pictures.</td>
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<tr>
<td>16</td>
<td>Attend a caring support group or make new friends by attending a local event at meetup.com.</td>
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<td>17</td>
<td>Let someone else take a primo parking spot.</td>
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<tr>
<td>18</td>
<td>Plan a picnic with your family or friends.</td>
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<td>19</td>
<td>Treat your father figure to dinner at his favorite restaurant.</td>
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<td>20</td>
<td>Acknowledge all your co-workers with a big smile and warm greeting.</td>
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<tr>
<td>21</td>
<td>Write a letter to yourself at futureme.org about your positive attributes to read at a later date.</td>
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<td>22</td>
<td>Put aside your own viewpoint and try to view things from the other person’s perspective.</td>
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<tr>
<td>23</td>
<td>Leave a basket of food for a family who is struggling financially.</td>
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<td>24</td>
<td>Make dinner for a neighbor who has just had a baby or surgery.</td>
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<td>25</td>
<td>Go star gazing in the evening.</td>
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<td>26</td>
<td>Mow a neighbor’s lawn, rake their leaves, or sweep their sidewalk as a surprise.</td>
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<td>27</td>
<td>Be courteous and give up your seat on the train or bus to another.</td>
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<td>28</td>
<td>Donate “like new” stuffed animals and toys to charities or shelters for children to enjoy.</td>
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<td>29</td>
<td>When others are gossiping, be the one to chime in with something positive.</td>
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<td>30</td>
<td>Offer a cold drink of water to someone working outside in the heat.</td>
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Visit www.randomactsofkindness.org for more kindness ideas.