### August 2024

**SUNDAY**

- **4**
  - Build a “free library” box in your yard for neighbors to borrow or donate books to.

- **5**
  - Anonymously pay for someone else’s bill at a café or restaurant.

- **6**
  - Shop at your local farmers market.

- **7**
  - How can you show respect today?

- **8**
  - When paying bills, add a fun message along with your payments.

**MONDAY**

- **9**
  - Send a friend a book you think they might enjoy.

- **10**
  - Ride a bicycle! Spend the day riding with friends or family in a park or on a scenic bike path.

**TUESDAY**

- **11**
  - Spend the afternoon going to the zoo with the children in your life.

- **12**
  - Tape coins or hide small toys around a playground for kids to find.

- **13**
  - Make a simple bird feeder and hang it outdoors for local wildlife to enjoy.

- **14**
  - Pamper yourself! Get a manicure, pedicure, or your hair done.

**WEDNESDAY**

- **15**
  - Get Involved! Sign up to join a community-related cause.

- **16**
  - Become a "Big Brother" or "Big Sister".

- **17**
  - Purchase a dozen stem roses and randomly hand them to passersby to brighten their day.

- **18**
  - Donate some food to your local food pantry. Call ahead to see what they need.

- **19**
  - Spend time today journaling or visualizing what you would like your life to look like in the future.

- **20**
  - Set up a booth offering free lemonade.

**THURSDAY**

- **21**
  - Leave an inspiring book on the train or bus with a note to pass it on.

- **22**
  - Take your change to a coin machine and donate your collection to charity.

- **23**
  - Apologize to someone with whom you’ve had a past conflict.

**FRIDAY**

- **24**
  - Purchase your pet a new toy.

- **25**
  - Plant a tree in memory of someone.

- **26**
  - Treat yourself and a good friend to a spa day.

- **27**
  - Refrain from complaining today.

- **28**
  - Donate video games to your local Children’s hospital.

**SATURDAY**

- **29**
  - Sign up for a shift at your local soup kitchen.

- **30**
  - Host an outdoor dinner on a warm evening with family or friends.

- **31**
  - Offer to listen to a friend or family member who needs someone to talk to.

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Visit www.randomactsofkindness.org for more kindness ideas.