






**make
kindness
the norm.™** 

2022-2023 KINDNESS CALENDAR FOR SCHOOLS






AUGUST 2022

RANDOM ACTS OF KINDNESS
FOUNDATION®

| SUN | MON | TUE | WED | THU | FRI | SAT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 31 | 1 Include a new friend in your game. | 2 Try to learn at least one thing new today. | 3 Laugh out loud with a friend. | 4 Stand up for someone who is struggling. | 5 Thank a teacher for their dedication. | 6 Enjoy a family night with activities at home. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 Spread some happiness in your home. | 8  Start reading a new book. | 9 Practice patience. | 10 Celebrate the members of your family. | 11 Compliment a classmate. | 12  Give someone a high five! | 13 Donate items you are no longer using to a good cause. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14 Bake cookies for a neighbor. | 15 Enjoy your favorite activity and try something new. | 16 Thank your bus driver. | 17 Make an effort to avoid judging others. | 18 Share a special photo with others. | 19 Give a handwritten note to a staff member at school. | 20 Take a bike ride. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21 Play your favorite game. | 22 Drink more water. Use a reusable water bottle. | 23 Show some extra courage. Tell someone you're sorry if you've wronged them. | 24 Do something that makes you happy. | 25 Believe in yourself. | 26 Tell someone you like their smile. | 27  Plant a tree with your family. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 28  Exercise outside. | 29 Do one thing to keep your community cleaner. | 30 Get out and enjoy the day. Pack a picnic! | 31  Listen to your favorite song. | 1 | <div> <div>JULY</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>4</td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> </table> </div> <div> <div>SEPTEMBER</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> </table> </div> | | S | M | T | W | Th | F | S | 27 | 28 | 29 | 30 | 4 | 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 | S | M | T | W | Th | F | S | 28 | 29 | 30 | 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 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
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SEPTEMBER 2022

RANDOM ACTS OF KINDNESS
FOUNDATION®

| SUN | MON | TUE | WED | THU | FRI | SAT |
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| 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 | 2 | 3  Ask your friends to go bowling together. |
| 4 Pack tomorrow's lunch in a reusable bag or lunchbox. | 5 Share a funny joke with a friend. | 6  Thank someone who is a hard worker. | 7 Give someone a copy of your favorite book. | 8 Start a journal for special quotes. | 9 Share one of your favorite memories with a friend. Ask about their favorite memory. | 10 Try to create positive energy with everything you say and do. |
| 11 Call a family member you don't see often. | 12  Walk a dog. | 13 Turn your negative thoughts into gratitude. | 14 Share a positive video. | 15 Resolve to be less judgmental in your day to day life. | 16 Invite a classmate you don't know to sit at your table during lunch. | 17 Paint and hide rocks in neighbors' gardens. |
| 18 Get some neighbors together to spend an afternoon picking up litter in your neighborhood. | 19 Hug a loved one. Make it a long hug! | 20 Write a kind note and place it on the bathroom mirror. | 21 Compliment someone's on something other than their clothing or looks. | 22 Change three small things about your routine that will help the environment. | 23  Skip the meat and eat fresh veggies today. | 24 Read a book about indigenous people from your country. |
| 25  Read a comic book to a younger family member. | 26 Write a love note to yourself about everything that makes you wonderfully you. | 27 Sneak a note of thanks on to your teacher's desk. | 28 Give your neighbor a smile. | 29 Try to make a new friend today. | 30 Invite someone new to play with you during recess. | 1 |

OCTOBER 2022

RANDOM ACTS OF KINDNESS
FOUNDATION®

| SUN | MON | TUE | WED | THU | FRI | SAT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 25  Take a walk and enjoy nature. | 26 Join or volunteer to start a kindness club. | 27 Write a list of five things you would like to accomplish in your life. | 28 Use less plastic and recycle more. | 29 Donate puzzles and books to an elementary school. | 30 Accomplish one big task today. | 1  Bring soup to a sick neighbor. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2  Take a walk and enjoy nature. | 3 Join or volunteer to start a kindness club. | 4 Write a list of five things you would like to accomplish in your life. | 5 Use less plastic and recycle more. | 6 Donate puzzles and books to an elementary school. | 7 Accomplish one big task today. | 8 Offer to help with yard work in your neighborhood. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9 Tape coins or hide small toys around a playground. | 10  Learn to say hello or thank you in a friend's native language. | 11 Go outside your comfort zone and do something brave! | 12 Call and say hello to the first person who comes to mind. | 13 Help a friend with a task. | 14 Treat yourself to your favorite dessert. Share with a loved one or a friend. | 15 Give needed items to someone experiencing homelessness. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16 Pick up trash from the sidewalks in your community. | 17 Plan to do one thing new and different each day this week. | 18 Watch the sunset with a loved one. | 19 Compliment a classmate. | 20 Smile at a stranger today. Tell them you hope they have a great day. | 21  Post an encouraging note on someone's locker. | 22 Visit a nursing home. Bring flowers or kind notes. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 23 Work together to create a healthy meal at home. | 24 Give a friend something meaningful to you. | 25 Leave pumpkins on a family's doorstep along with kid friendly tools for carving. | 26 Hide a positive note in a library book. | 27 Follow through on a promise you made. | 28 Write a note of appreciation for the custodial staff. | 29 Try a new hobby. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 30 Paint positive messages on pumpkins and leave them around the community. | 31 Offer allergy-friendly options for trick-or-treating. | 1  | 2 | 3 | <div>SEPTEMBER</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> </table> <div>NOVEMBER</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> </table> | | S | M | T | W | Th | F | S | 28 | 29 | 30 | 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 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | S | M | T | W | Th | F | S | 30 | 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 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
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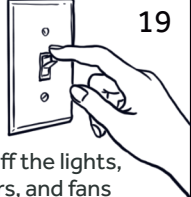


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FOUNDATION®

| SUN | MON | TUE | WED | THU | FRI | SAT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | | Encourage those closest to you to take part in a community event. | Write positive messages on the sidewalk with chalk. | Show appreciation to someone in your school today by leaving an anonymous note. | Give away one of your possessions for free. | Help make your favorite meal today. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Start a book about a topic that is new to you. | Do something that you find challenging today. | Put positive notes on the mirrors in the bathroom. | Hand-write a letter of gratitude to someone who has positively affected your life. | Make a healthy fruit salad and share with the family. | Compliment someone in front of others. | Visit randomactsofkindness.org and become a RAKtivist. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  13 | 14 | 15 | 16 | 17 | 18 |  19 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Make first aid kits for local shelters. | Stop what you're doing for a few minutes to just breathe and appreciate your life. | Help a classmate with a tough task. | Ask your family or friends to join you for a hike this weekend. | Write a note of thanks to the cafeteria staff. | Create a gratitude wall in your classroom for all to post notes of thanks to fellow classmates. | Wake up early to appreciate the sunrise. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Send someone you care about a surprise care package. | Forgive someone. Tell them you forgave them. | Share an encouraging song with others. | Clean up your classroom during free time. | Play gratitude ping pong: pass a ball back and forth for two minutes sharing things for which you are grateful. | Organize and clean your workspace – appreciate yourself! | Write a letter to your future self at futureme.org , detailing all the things you appreciate about YOU. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 27 | 28 | 29 | 30 | 1 | <div><div>OCTOBER</div><table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr><tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td></tr><tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr><tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr><tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr><tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr><tr><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr></table></div> <div><div>DECEMBER</div><table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr><tr><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td><td>3</td></tr><tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr><tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr><tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr><tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr></table></div> | | 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 | S | M | T | W | Th | F | S | 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 | 6 | 7 |
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| Text a friend to let them know you're thinking of them. | Find a reason to laugh today. Tell someone a good joke! | Turn on your favorite music when you get home. Do a little dance! | Get to bed early and get a great night of sleep. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |






DECEMBER 2022

RANDOM ACTS OF KINDNESS
FOUNDATION®

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|---|---|---|--|--|--|
| <p>NOVEMBER</p> <p>S M T W Th F S</p> <p>30 31 1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 1 2 3</p> <p>4 5 6 7 8 9 10</p> | <p>JANUARY</p> <p>S M T W Th F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31 1 2 3 4</p> <p>5 6 7 8 9 10 11</p> | 29 | 30 | 1 | 2 | <p>3</p>  <p>Get outside for some stargazing.</p> |
| <p>4</p> <p>Send a care package to a children's hospital.</p> | <p>5</p> <p>Think of a way to become more organized in your schoolwork.</p> | <p>6</p> <p>Post a positive quote on your classroom door.</p> | <p>7</p> <p>Create a kindness tree. Ask classmates to help decorate it.</p> | <p>8</p> <p>Send cheerful holiday cards with inspiring quotes to hospitalized children using the Cardz for Kidz service.</p> | <p>9</p> <p>Call someone you miss.</p> | <p>10</p> <p>Send a holiday care package to a deployed service member.</p> |
| <p>11</p> <p>Name a star after someone at nameastar.com.</p> | <p>12</p> <p>Make a list of five things for which you are grateful.</p> | <p>13</p> <p>Plan to wear an outfit that makes you feel great tomorrow.</p> | <p>14</p> <p>Compliment a teacher's style.</p> | <p>15</p>  <p>Contribute toys to your local Toys for Tots campaign.</p> | <p>16</p> <p>Show a friend how much you appreciate them in a unique way.</p> | <p>17</p> <p>Give a treat to your delivery workers.</p> |
| <p>18</p> <p>Distribute hand warmers to the unhoused in your community.</p> | <p>19</p>  <p>Turn off the lights, heaters, and fans that are not in use.</p> | <p>20</p> <p>Create an image of your favorite winter activity.</p> | <p>21</p> <p>Write a note of thanks to your classroom aides.</p> | <p>22</p>  <p>Create holiday cards for your family members.</p> | <p>23</p> <p>Do something you love: go for a walk, draw, read, write, yoga. Whatever it is, do it for you!</p> | <p>24</p> <p>Gift a loved one an experience rather than a material gift.</p> |
| <p>25</p>  <p>Hand out candy canes with a note wishing the recipient a joyful holiday season.</p> | <p>26</p> <p>Treat yourself to a delicious dessert.</p> | <p>27</p> <p>Call a friend to catch up.</p> | <p>28</p> <p>Play with your siblings or neighbor's children so the parents can have time to recharge.</p> | <p>29</p> <p>Listen to a guided meditation.</p> | <p>30</p> <p>Take today to rest and enjoy the end of the year.</p> | <p>31</p> <p>Set intentions for the new year. What goals do you hope to accomplish?</p> |





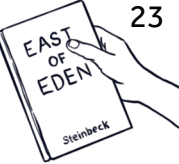
JANUARY 2023

RANDOM ACTS OF KINDNESS
FOUNDATION®

| SUN | MON | TUE | WED | THU | FRI | SAT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 1 Create a kindness journal or jar to capture wonderful moments throughout 2023. | 2 Stop what you're doing, close your eyes, and take a deep breath. | 3 Focus on completing one goal today. | 4 Go out and enjoy watching the birds. | 5  Start a puzzle today. | 6 Notice and appreciate the tiny details around you. | 7  Take a bubble bath today! | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8 Take a treat to your local police or fire department. | 9 Eat your food slowly today and savor every bite. | 10 Tidy up your workspace. | 11 Offer to help a classmate on a project. | 12 Take one step towards making your dreams come true. | 13 Compliment a custodial staff's hard work. | 14 Plan a staycation with your family. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15  Post a kindness message on social media. | 16 Begin a journal on how you feel each day and why. | 17 Listen to a friend without judgment. | 18 Share a bowl of popcorn with a friend or family member. | 19 Take a walk and enjoy the fresh air. | 20 Watch the clouds and find shapes while enjoying the sun. | 21 Make a list of 10 things for which you are grateful. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 22 Handwrite a note to someone that means a lot to you. | 23 Compliment five people around you on something not related to physical appearance. | 24 Practice 4-4-6 breathing. Breathe in for 4 counts, hold it for 4 counts, exhale for 6 counts. Repeat. | 25  Practice active listening with a friend. | 26 Notice your body language. What are you communicating? | 27 Exchange personal stories with a new classmate. | 28 Play a board game or do a puzzle with friends or family. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 29 Allow yourself to sleep in and relax. | 30  Share a conversation over a cup of hot chocolate with a friend or family member. | 31 Unplug from technology today. | 1 | 2 | <div> <div>DECEMBER</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> </table> </div> <div> <div>FEBRUARY</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> </table> </div> | | S | M | T | W | Th | F | S | 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 | 6 | 7 | S | M | T | W | Th | F | S | 29 | 30 | 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 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
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| 19 | 20 | 21 | 22 | 23 | 24 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 26 | 27 | 28 | 1 | 2 | 3 | 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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FEBRUARY 2023

RANDOM ACTS OF KINDNESS
FOUNDATION®

| SUN | MON | TUE | WED | THU | FRI | SAT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 29 | 30 | 31 | 1 | 2 |  3 | 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Leave positive notes on the shelves of a grocery store. | Stay after class to help a teacher clean the classroom. | Take time for yourself when overwhelmed. Take a walk and get a glass of water. | Instead of asking how someone is doing, ask about something good that's happened since the last time you met. | "Shower" a classmate with an "torrent" of kindness today. | Introduce yourself to someone you haven't met at your school. | Relax and do something you enjoy. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12 | 13 | 14 | 15 | 16 | 17 |  18 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Follow The Random Acts of Kindness Foundation on social media for RAK Day activities and resources | Give an envelope containing a gift card to a tea/coffee shop to a teacher with a note inviting them to take some relaxing time. | Today, remember how proud you were of something you did as a child and do it again! | Write a letter or card and mail it to someone who isn't expecting it. | Take \$5 or five \$1 dollar bills and get out in your community and see what opportunities present themselves. | Do something extra kind today! | Plant a local pollinator friendly plant or flower. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19 | 20 | 21 | 22 |  23 | 24 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Encourage your family members to become a RAKtivist at randomactsofkindness.org | Ask your family about their "highs and lows" for the day during a family dinner. | Share positive thoughts with a teacher. | Volunteer to read to a younger student. | Pass on your favorite books. | Send a text to let someone know you're thinking of them. | Handwrite a note thanking an elder for their impact on your life. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 26 | 27 | 28 | 1 | 2 | <div> <div>JANUARY</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> </table> </div> <div> <div>MARCH</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> </table> </div> | | S | M | T | W | Th | F | S | 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 | 11 | S | M | T | W | Th | F | S | 26 | 27 | 28 | 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 |
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| 22 | 23 | 24 | 25 | 26 | 27 | 28 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Take the day to do whatever YOU want. | Post a happy dance on social media to make others smile. | Wish the first person you see an amazing day. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |


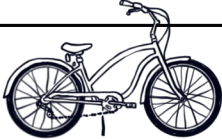



MARCH 2023

RANDOM ACTS OF KINDNESS
FOUNDATION®

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|--|--|--|---|--|
| FEBRUARY S M T W Th F S 29 30 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 1 2 3 4 5 6 7 8 9 10 11 | APRIL S M T W Th F S 26 27 28 29 30 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 1 2 3 4 5 6 | 28 | 1 | 2 |  3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 |  11 |
| Share a favorite memory with a family member. | Post a sticky note with a kind message on someone's locker. | Thank an influential woman in your life. | Spend at least 30 minutes doing something that you love. | Forgive yourself for something that's been bothering you. | Be honest and kind when speaking to others. | Volunteer with your family at an animal shelter or rescue. |
| 12 |  13 | 14 | 15 | 16 | 17 | 18 |
| Go on a nature walk with a friend or family member. | Eat a slice of your favorite pie. | Offer to help a school staff member with a task. | Reply positively to an online post. | Compliment a classmate about a unique characteristic. | Say, "Thank You!" and mean it. | Get your family members together and tell funny stories. |
| 19 | 20 |  21 | 22 |  23 | 24 | 25 |
| Make someone happy today by doing something they love with them. | Share an encouraging poem with someone. | Go to bed an hour early. | Pick up trash in your school's hallways. | Do 15 minutes of stretches. | Finish your work on time and to the best of your ability. | Celebrate a made-up holiday. |
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| Swing on a swing. | Make sure your pets know how much they're loved. | Try eating 5 servings of fruits and vegetables a day. | Take a walk in the park with a friend or family member. | Color a page and share it with a loved one. | Give someone a genuine and meaningful compliment. | |

APRIL 2023

RANDOM ACTS OF KINDNESS
FOUNDATION®

| SUN | MON | TUE | WED | THU | FRI | SAT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 26 | 27 | 28 | 29 | 30 | 31 | 1 Pull a kind April Fools' Day prank on someone. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 Set positive intentions for your week. | 3 Pick up trash in your school hallways.  | 4 Send a kind text to a loved one. | 5 Walk or bike to reduce your carbon footprint.  | 6 Give yourself permission to put your feet up and breathe deeply. | 7 Talk to someone new. | 8 Join your family in recycling items from your home. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9 Tell your siblings what they mean to you. | 10 Give your pet some extra attention. | 11 Thank your librarian or assistant for their hard work. | 12 Use both sides of your paper. | 13 Share a funny joke to make others laugh out loud. | 14 Invite a friend to share dinner with your family. | 15 Use your unique talent to make the world a better place. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16 Get up early to appreciate the sunrise. | 17 Make an effort to waste less time. | 18 Help organize a space in your classroom. | 19 Enjoy a cup of tea with a classmate you don't know well.  | 20 Post an inspiring story on social media. | 21 Gift a plant to a staff member of your school.  | 22 Gather some friends or family members to clean up a favorite trail in your community. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 23 Donate your gently used clothing. | 24 Pack lunch with reusable containers.  | 25 Complete a random act of kindness for someone. | 26 Listen to someone and offer words of wisdom. | 27 Spend time cleaning up the grounds outside your school. | 28 Be kind with your words. You never know what someone is struggling with. | 29 Be honest with yourself and others today. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 30 Conserve water. | 1 | 2 | 3 | 4 | <div> <div>MARCH</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> </table> </div> <div>MAY</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>30</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> </table> | | S | M | T | W | Th | F | S | 26 | 27 | 28 | 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 | S | M | T | W | Th | F | S | 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 | 6 | 7 | 8 | 9 | 10 |
| S | M | T | W | Th | F | S | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 26 | 27 | 28 | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | M | T | W | Th | F | S | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | 6 | 7 | 8 | 9 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |






MAY 2023

RANDOM ACTS OF KINDNESS FOUNDATION®

| SUN | MON | TUE | WED | THU | FRI | SAT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 30 | 1 Follow @RAKFoundation on Instagram to kind-ify your social media feed. | 2 Start a conversation with someone new. | 3 Create a piece of art and give it to someone. | 4 Treat others the way you want to be treated. | 5 Celebrate Mexican culture and heritage. | 6 Stand up for something that helps others. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 Show love to a family member. | 8 Dedicate time to making your room a clean and relaxing space. | 9 Enjoy a favorite dessert.  | 10 Write a note thanking the nursing staff at a local clinic or hospital. | 11 Listen and learn. | 12 Blast some music and dance like a chicken. | 13 Approach challenges with confidence. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14 Admit your mistakes and ask for forgiveness. | 15 Do not gossip or talk badly about others. | 16 Talk with the person next to you on the bus or in line at lunch. | 17 Own up to your mistakes. | 18 Compliment someone on their creativity. | 19 Show extra kindness to the cafeteria staff. | 20  Enjoy a few slices of pizza with loved ones. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21  Commit to learning a new musical instrument. | 22 Silence any negative thoughts, self-doubts, or judgments. | 23 Remind your closest friend how much you care. | 24 Learn more about African culture. | 25 Send an encouraging text to a family member. | 26  Treat your skin well! Start with sunscreen. | 27 Bring a family member breakfast in bed. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 28 Offer to help a neighbor with yard work. | 29  Thank someone for doing the work they do. | 30 Publicly praise someone for their great effort. | 31 Finish a project you've been putting off. | 1 | <div> <div>APRIL</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> </table> </div> <div> <div>JUNE</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> </table> </div> | | S | M | T | W | Th | F | S | 26 | 27 | 28 | 29 | 30 | 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 | 1 | 2 | 3 | 4 | 5 | 6 | S | M | T | W | Th | F | S | 28 | 29 | 30 | 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 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| S | M | T | W | Th | F | S | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 26 | 27 | 28 | 29 | 30 | 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 | 1 | 2 | 3 | 4 | 5 | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | M | T | W | Th | F | S | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 28 | 29 | 30 | 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 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |






JUNE 2023

RANDOM ACTS OF KINDNESS FOUNDATION®

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|---|---|--|--|--|---|
| <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> | <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> | 30 | 31 | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Admit your mistakes to yourself and others. | Plan to watch a movie at the drive-in with loved ones. | Learn a new person's name and favorite hobby. | Tell your best friend how special they are. | Encourage someone you see struggling at school. | Write a positive comment on a website or blog. | Offer a glass of water to someone working in the yard. |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| Turn your technology off for a day of unplugged peace. | Find a penpal and start a new friendship! | Encourage your loved ones to become blood donors. | Take a picture of something beautiful outdoors and share it. | Acknowledge someone with a warm greeting or smile. | Share your favorite joke with a new friend. |  Take a picnic to a local park with your loved ones. |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| Show appreciation to a neighbor. | Post a silly new dance to encourage others to laugh on social media. |  Drink more water. | Learn more about the rainforests around the world. |  Start a piggy bank for a good cause. | Thank your office staff for their hard work. |  Fill a birdhouse with seed for your yard. |
|  25 | 26 | 27 | 28 | 29 | 30 | 1 |
| Donate used books to your local library. | Post a positive sticky note on the teacher's lounge door. | Send a postcard to a loved one who lives far away. | Make a list of three things you are grateful for. | Make a plan to share a meal with friends this weekend. | Give someone you rarely talk to a compliment. | |

JULY 2023

RANDOM ACTS OF KINDNESS FOUNDATION®

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|--|---|--|--|
| 25 | 26 | 27 | 28 | 29 | 30 | 1 Compliment the small things about someone you love. |
| 2 Try yoga or meditation. | 3 Share a meal with others. | 4 Always assume the best of others. | 5 Kiss your spouse, child, friend, or pet today! |  6 Put some change in an envelope and tape it to a vending machine. | 7 Share a funny story on social media. | 8 Bake sugar cookies with loved ones to share with someone in your community. |
|  9 Share a sincere compliment with someone. | 10 Try to view things from another perspective. | 11 Practice a moment of self-reflection. |  12 Embrace your geek side and do something you love! | 13 Take the first step towards resolving an issue with someone you care about. | 14 Stand up for what you believe. | 15 Find a way to show compassion today. |
| 16 Pack lunches and hand them out to people experiencing homelessness. |  17 Enjoy ice cream with your friends. | 18 Explore a new walking path with your family. | 19 Draw a picture of what you think it looks like on an unexplored planet. | 20 Continue (or start) writing a journal that captures one good thing each day. | 21 Stay away from toxic people in your world. | 22 Hang a hammock and take a nap outside. |
| 23 Show your parents or parental figures how much you appreciate their guidance in your life. | 24 Write a handwritten thank you note to an aunt or uncle who always makes you smile. | 25 Text or call an old friend to catch up.  | 26 Believe that you are worth all of the love you are shown. | 27 Invite a friend to meet you for a walk in the park. | 28 Try out a new recipe with a loved one. | 29 If you haven't said "I love you" in a while, say it to someone and yourself. |
| 30 Share a video on social media of someone playing an uncommon musical instrument. | 31 Email a joke or funny video to a group of your friends. | 1 | 2 | 3 | <div> <div>JUNE</div> <div> <div>S M T W Th F S</div> <div>28 29 30 31 1 2 3</div> <div>4 5 6 7 8 9 10</div> <div>11 12 13 14 15 16 17</div> <div>18 19 20 21 22 23 24</div> <div>25 26 27 28 29 30 1</div> <div>2 3 4 5 6 7 8</div> </div> <div> <div>AUGUST</div> <div> <div>S M T W Th F S</div> <div>30 31 1 2 3 4 5</div> <div>6 7 8 9 10 11 12</div> <div>13 14 15 16 17 18 19</div> <div>20 21 22 23 24 25 26</div> <div>27 28 29 30 31 1 2</div> <div>3 4 5 6 7 8 9</div> </div> </div> </div> | |