

# MARCH 2026

**make  
kindness  
the norm.**

randomactsofkindness.org

RANDOM ACTS OF KINDNESS FOUNDATION

**SCIENCE SPARK: NEUROSCIENCE SHOWS THAT EXPOSURE TO DIVERSE STORIES BUILDS EMPATHY BY ACTIVATING BRAIN REGIONS TIED TO PERSPECTIVE-TAKING.**

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
1 Learn how to say "hello" in three new languages.	2 Read a children's book or short story from a culture different from your own.	3 Compliment someone on a unique trait or talent that's different from yours.	4 Try a new food from another country—bonus if you share it!	5 Ask a classmate or coworker about a family tradition they love.	6 Listen to music from a culture you've never explored before.	7 Host a "Story Swap"—pair up and share a five-minute story from your life that shaped who you are.																																																																																																		
8 Watch a documentary that highlights a different culture, ability, or experience.	9 Invite someone new to sit with you at lunch or a meeting.	10 Write a thank-you note to someone who challenged your perspective respectfully.	11 Share a story from your background that others might not know.	12 Celebrate a cultural or religious holiday you don't typically observe by learning about it.	13 Create a playlist of global artists and share it with friends.	14 Ask someone to teach you a skill or hobby they enjoy that you've never tried before.																																																																																																		
15 Explore a museum or virtual exhibit featuring diverse artists or histories.	16 Learn about a disability, neurodiversity, or accessibility innovation.	17 On St. Patrick's Day, share how your heritage or background shapes who you are.	18 Play a game or activity from another country.	19 Ask someone what kindness means to them—it might surprise you!	20 Post or share a quote celebrating diversity or unity.	21 Learn about someone who stood up for equality.																																																																																																		
22 Cook a recipe from a different culture and share photos or samples.	23 Invite someone to share their favorite tradition, then share one of yours in return.	24 Read a biography of someone with a life story very different from yours.	25 Start a "Kindness Mosaic"—have everyone contribute a small drawing, word, or symbol that represents what makes them unique, then combine them into one big display.	26 Celebrate Neurodiversity Week by learning about different ways people think and learn.	27 Invite someone from another group to collaborate on a project.	28 Share a favorite movie, book, or song that taught you empathy.																																																																																																		
29 Listen—really listen—to someone's story without interrupting.	30 Write a gratitude list that includes people who are different from you.	31 Host a "Celebrate Differences" day—encourage others to wear something or share something that represents who they are.	1	2	<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>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>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> </table> </div> <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>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>29</td><td>30</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> </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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	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	29	30	1	2	3	4	5	6	7	8	9
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