

MAY 2026

**SCIENCE SPARK: ACTIVE LISTENING INCREASES OXYTOCIN AND BUILDS TRUST.
YOUR BRAIN ACTUALLY SYNCs WITH THE SPEAKER'S WHEN YOU LISTEN DEEPLY.**

RANDOM ACTS OF KINDNESS FOUNDATION*

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
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					Today, when someone talks, try not to interrupt until they're done.	When a friend or teacher is speaking, look up and show you're really listening.																																																																																																		
3 After someone tells you something, repeat a few words to show you heard them.	4 Share a story about a teacher who changed your world and invite others to share theirs.	5 Show teachers and staff some kindness with small tokens of appreciation such as flowers, chocolates, or breakfast treats.	6 Think of a nurse or teacher who helped you when things were tough and send them a thank-you note so they know you still remember.	7 Write hopeful messages and leave them on sticky notes near bulletin boards, break areas or other places that nurses or teachers will see them.	8 Organize a "chalk the walk" event at a local school or hospital. (make sure to get permission beforehand)	9 Deliver care packages to nursing stations, include items like hand lotion, lip balm, small snacks, and maybe even a coffee shop gift card.																																																																																																		
10 Hold the door, offer a warm smile, give up a seat, or share a calming quote with a healthcare worker you see.	11 Arrange to have a meal delivered to a nursing station. Don't forget to include school nurses!	12 Use community boards, social media, or local newspapers to highlight stories of exceptional nursing care.	13 Send a short voice message to say, "I'm thinking of you."	14 Try to learn one new thing about someone just by listening carefully.	15 When someone talks, listen for the feeling behind their words.	16 Say, "What's something you wish more people knew about you?"																																																																																																		
17 Sit outside for five minutes and just listen—to wind, birds, or rain.	18 When someone shares, say, "Tell me more about that."	19 Watch a short video or read a story from someone whose life is different from yours.	20 Ask a grandparent, teacher, or neighbor about something they remember from childhood.	21 When someone helps you at a store, smile, make eye contact, and say thank you.	22 Ask a friend, "How can I be a better friend to you?"	23 Read or watch something that teaches you about a new idea.																																																																																																		
24 Ask someone in your neighborhood what they love most about where you live.	25 If you're upset, take a deep breath.	26 Sit quietly with your pet—listen to their breathing or purring.	27 Tell someone you remember a kind thing they once said and let them know it still means a lot to you.	28 Write a note or draw a picture for someone who always listens to you.	29 At lunch, ask a friend a question and let them do most of the talking.	30 Read a story someone else loves and talk about what it means to them.																																																																																																		
31 Think of one time you listened with your heart—how did it make you feel?	1	2	3	4	<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> <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>31</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>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	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	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	1	2	3	4	5	6	7	8	9	10	11
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