

JUNE 2026

**make
kindness
the norm.**

randomactsofkindness.org

RANDOM ACTS OF KINDNESS FOUNDATION

SCIENCE SPARK: PUBLIC RECOGNITION OF KINDNESS SPARKS A “HELPER’S HIGH” FOR THE GIVER, RECEIVER, AND ANYONE WITNESSING IT—THANKS TO MIRROR NEURONS IN THE BRAIN.

SUN	MON	TUE	WED	THU	FRI	SAT
31	1	2	3	4	5	6
	On your next walk smile as you pass others.	Chalk kind messages or drawings where others stroll or bike.	Each day, text or tag someone who brightened your world.	The next time you're with friends, family, or coworkers, take ten seconds to say one kind thing about someone in the group.	Tape up a poster in a shared space for people to share gratitude notes about others.	Leave cold drinks or thank-you cards for lifeguards, camp counselors, or park workers.
7	8	9	10	11	12	13
Share lunch with someone who's been helpful this year.	Create a shared "Shine Together" playlist with songs that remind you of kind people.	After cleaning up a park or beach, invite others (online or in person) to do their own ripple act and share it forward.	Nominate a community helper (coach, nurse, bus driver) on social media.	Take a cheerful photo with someone who made you smile and share it with a thank-you caption.	When you're spending time with someone in your life, pause to tell them what you appreciate about them. A simple sentence can brighten the whole day.	Next time you're with friends, go around naming one kind thing about each person.
14	15	16	17	18	19	20
On your next walk or drive, make it a point to wave or smile at the people you pass.	Set up a simple lemonade stand (or pitcher on the porch) and give a free cup with a handwritten kindness note attached.	Leave uplifting notes on benches or picnic tables for strangers to find.	Trade favorite summer books or recipes, each tagged with a kind note.	Create a list (smile at a stranger, pick up litter, compliment a cashier) and do it.	On walks or drives, wave to everyone you pass. It's contagious joy in motion.	Drop off popsicles or iced coffees to construction crews.
21	22	23	24	25	26	27
Keep track of kind acts you see while traveling, then share your top three at month's end.	Host a backyard gathering where everyone shares a kindness story under string lights.	Watch the sunset with friends and each name one person you're thankful for.	Write names of people who've helped you shine this year; pick one daily and send them a thank-you.	On your town's Facebook page or neighborhood app, highlight someone doing good.	Leave positive reviews for local businesses or workers who went the extra mile.	At home, post kind things family members do so everyone can see the glow grow.
28	29	30	1	2	<div> <div>MAY</div> <div> <div>S M T W Th F S</div> <div>26 27 28 29 30 1 2</div> <div>3 4 5 6 7 8 9</div> <div>10 11 12 13 14 15 16</div> <div>17 18 19 20 21 22 23</div> <div>24 25 26 27 28 29 30</div> <div>31 1 2 3 4 5 6</div> </div> <div>JULY</div> <div> <div>S M T W Th F S</div> <div>28 29 30 1 2 3 4</div> <div>5 6 7 8 9 10 11</div> <div>12 13 14 15 16 17 18</div> <div>19 20 21 22 23 24 25</div> <div>26 27 28 29 30 31 1</div> <div>2 3 4 5 6 7 8</div> </div> </div>	
Compliment swimmers, lifeguards, or parents helping kids learn.	When someone compliments you, "pass the praise" by recognizing another person right after.	End June with a gathering, picnic, or bonfire to celebrate everyone's bright acts.				