JULY 2026

make kindness the norm.

SCIENCE SPARK: EVEN SMALL, RANDOM ACTS OF KINDNESS RELEASE ENDORPHINS—THE BRAIN'S NATURAL PAINKILLERS—CREATING A LITERAL "WARM GLOW."

randomactsofkindness.org

SUN	MON	TUE	WED	THU	FRI	SAT
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	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 31 1 2 3 4 5	30	Start your month with a "Kindness Firework"—do three kind things before bedtime!	Leave cheerful sticky notes on mirrors, lockers, or park benches with messages like "You rock!"	Help someone carry bags, tidy up, or complete a chore—they'll feel lighter (and so will you).	Offer to help a friend, parent, or classmate with something they find tricky. Team kindness!
Donate toys, clothes, or books you've outgrown to a community center or charity shop.	Write a thank-you note or draw a picture for someone who helps you every day.	Pick up litter safely at a park or playground. A clean planet = a kind planet!	Start a Kindness Chain Reaction—do one good deed and challenge a friend to keep it going.	Share flowers, snacks, or a handmade card with a neighbor or classmate.	Record a short "You're awesome!" video or voice note for someone special.	Volunteer as a family—help at an animal shelter, garden, or community project.
Make bright, happy cards and secretly leave them where someone will find them.	Share a treat—ice cream, fruit, or cookies—with a friend. Sweetness shared = smiles doubled.	Hold doors open, smile at strangers, and give genuine compliments all day long.	Create a Kindness Coupon Book (free hugs, clean room, help with homework, game night).	Call or message a grandparent, teacher, or friend just to say, "You matter to me."	Leave a small thank- you note at your favorite shop or café.	Write a kind review or post online about a local place you love.
Make a "Thank You Snack Pack" (fruit, drink, note) for a delivery driver or worker.	Paint RAK Rocks with uplifting words and hide them around your community.	Offer to water a neighbor's plants or help walk their pet while they're busy.	Check in with a friend who's been quiet lately—listening is a superpower.	Drop off thank-you cards or baked treats to community helpers—like nurses or bus drivers.	Write a silly poem or draw a funny picture to make someone laugh today.	Let someone go first in line, pick the game, or choose the movie—share the spotlight.
Have a Family Kindness Scavenger Hunt! See who can do five good deeds the fastest.	Share your favorite happy song with a friend or make a "Kindness Playlist."	Offer cool drinks or fruit to outdoor workers, delivery people, or anyone braving the heat.	Add a few books to a Little Free Library— or start one with friends.	Use sidewalk chalk to write cheerful messages like "You're enough!" or "Have a great day!"	Glow check! Reflect on your favorite act of kindness this month and how it made you feel.	1