

AUGUST 2026

**make
kindness
the norm.**

randomactsofkindness.org

RANDOM ACTS OF KINDNESS FOUNDATION*

**SCIENCE SPARK: SOCIAL CONNECTION IS THE #1 PREDICTOR OF HAPPINESS AND LONGEVITY.
KINDNESS TOWARD NEIGHBORS STRENGTHENS COMMUNITY SAFETY AND BELONGING.**

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
26	27	28	29	30	31	1 Wave and say hello to five neighbors you don't usually talk to.																																																																																																		
2 Leave a cheerful note or flower on someone's doorstep.	3 Offer to help an elderly neighbor bring in their trash bins.	4 Organize a mini neighborhood cleanup or park spruce-up.	5 Share homegrown veggies, herbs, or fruit with a neighbor.	6 Leave chalk messages of encouragement on the sidewalk.	7 Write a thank-you note to your mail carrier or delivery driver.	8 Host a lemonade or popsicle stand—proceeds go to a local cause.																																																																																																		
9 Create a "Take What You Need" kindness box with snacks or toiletries.	10 Invite a new neighbor over for tea, coffee, or playtime.	11 Offer to walk someone's dog or feed their pets while they're away.	12 Make kindness bookmarks and leave them in library books.	13 Ask your local fire or police station what small gestures of thanks they appreciate most.	14 Start a shared community garden or plant pollinator-friendly flowers.	15 Make friendship bracelets and hand them out to classmates or coworkers.																																																																																																		
16 Host a potluck or "snack swap" where everyone brings a favorite dish.	17 Compliment three people today—bonus points if they're strangers.	18 Collect and donate gently used sports equipment or books.	19 Write encouraging words on stones and leave them around your neighborhood.	20 Offer to mow a neighbor's lawn or water their plants.	21 Surprise a friend or neighbor with a small act of service—wash their car, bring a meal, or pick up groceries.	22 Organize a back-to-school kindness supply drive.																																																																																																		
23 Share your favorite playlist or podcast that lifts your mood.	24 Learn your neighbors' names (and maybe their pets' names too!).	25 Host a "Kindness Movie Night" outdoors or in your living room.	26 Volunteer together as a family at a local food bank or shelter.	27 Write positive sticky notes and place them on mirrors, mailboxes, or bus stops with permission.	28 Make homemade thank-you cards for local teachers and school staff.	29 Offer to babysit or help with a carpool for a busy parent.																																																																																																		
30 Share a skill—teach a neighbor how to bake, garden, or play an instrument.	31 End the month with a neighborhood gratitude circle—each person shares one good thing about living where they do.	1	2	3	<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>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> <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> <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>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> </div>		S	M	T	W	Th	F	S	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	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
S	M	T	W	Th	F	S																																																																																																		
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	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																																																																																																		