

SEPTEMBER 2026

**make
kindness
the norm.**

randomactsofkindness.org

RANDOM ACTS OF KINDNESS FOUNDATION

SCIENCE SPARK: ACTS OF GENEROSITY LIGHT UP THE BRAIN'S REWARD PATHWAYS, GIVING THE GIVER THE SAME JOY RESPONSE AS RECEIVING A GIFT.

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
30	31	1	2	3	4	5																																																																																																		
		Leave a small note or treat for your mail carrier, delivery driver, or garbage collector.	Bake and share something sweet and deliver it to a neighbor, teacher, or friend.	Start Socktober early by collecting new socks throughout September to donate next month—your preparation today warms toes (and hearts) tomorrow.	Donate gently-loved treasures like books or toys so someone else can enjoy them.	Hand out compliment cards that tell people what makes them special.																																																																																																		
6	7	8	9	10	11	12																																																																																																		
Spread back-to-school cheer with sticky notes of encouragement hidden in lockers, desks, or library books.	Thank a teacher or mentor with a heartfelt note describing how they've inspired you.	Plant positivity by painting RAK rocks and scattering them around parks or trails.	Do a chore for someone else without being asked.	Start a generosity jar and add a coin or note each time someone does something kind, then donate what you've collected together at month's end.	Send a smile across miles by mailing a postcard or drawing to a faraway friend or relative.	Give the gift of time by helping with errands, homework, or yard work.																																																																																																		
13	14	15	16	17	18	19																																																																																																		
Hold the door (and a smile) for others.	Share your skills by teaching someone how to bake, draw, or play a song.	Grow a kindness tree in your classroom or office—add a paper leaf for each kind act witnessed until your branches bloom with good deeds.	Leave a generous tip or a note of appreciation for a café or restaurant worker.	Create a kindness coupon book filled with favors like "help with dishes," "one free hug," or "movie night of your choice".	Pick up litter while you walk and watch your generosity ripple through the environment as beauty replaces clutter.	Donate blood or encourage others to.																																																																																																		
20	21	22	23	24	25	26																																																																																																		
Surprise a stranger by paying for their coffee, bus fare, or parking.	Pass along a favorite book with a note about why it moved you.	Volunteer together as a family, class, or team.	Host a "swap day" where friends trade clothes, toys, or tools.	Create a ripple map—draw a big circle with your name in the middle, then add circles for every person your kindness reaches.	Pack an extra snack for school or work and share it with someone who forgot theirs.	Support local artists or shops by leaving a kind review, sharing their work online, or writing a thank-you note.																																																																																																		
27	28	29	30	1	<div> <div>AUGUST</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>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> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</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> </table> </div> <div> <div>OCTOBER</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>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> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</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> </table> </div>		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	S	M	T	W	Th	F	S	27	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
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																																																																																																		
S	M	T	W	Th	F	S																																																																																																		
27	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																																																																																																		
Give the gift of listening by setting down your phone and being fully present.	Make kindness bookmarks with inspiring quotes and slip them into library books so future readers discover unexpected encouragement.	Adopt a spot in your neighborhood—refill a Little Free Pantry, water community plants, or tidy a park corner.	Celebrate kindness stories by sharing moments of generosity from the month with your family or class—telling these stories keeps those joy pathways glowing bright.																																																																																																					