

**make
kindness
the norm.** 

randomactsofkindness.org

RANDOM ACTS OF KINDNESS FOUNDATION [®]

In a world where every year presents new challenges and opportunities, 2024 is destined to be a year of profound change and transformation. As we step into this promising future, we are inspired to embrace a powerful and enduring virtue that can unite and uplift us all: kindness.

With a rallying cry that resonates from the hearts of individuals to the highest levels of society, our thought for 2024 encapsulates this collective spirit of goodwill. "Make kindness the norm" serves as a reminder that in a world full of uncertainty, one constant remains within our grasp—the extraordinary capacity for compassion, empathy, and connection. Let's explore how this simple yet profound virtue can ignite positive change, strengthen communities, and shape a brighter tomorrow.

From all of us at The Random Acts of Kindness Foundation,
we wish you a wonderful year.

A handwritten signature in black ink that reads "Brooke Jones". The signature is written in a cursive, flowing style with a large initial 'B' and 'J'.

Brooke Jones
Vice President

**CREATE
KINSHIP.** 

**make
kindness
the norm.** 

randomactsofkindness.org

RANDOM ACTS OF KINDNESS FOUNDATION®

JANUARY 2024

TRUE COMPASSION DOES NOT COME FROM WANTING TO HELP OUT THOSE LESS FORTUNATE THAN OURSELVES, BUT FROM REALIZING OUR KINSHIP WITH ALL BEINGS.

PEMA CHODRON

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	1 Call a family member you have not spoken to in a while just to say hello.	2 Send an uplifting text message to a friend to brighten their day.	3 Host a game night with friends or family.	4 Write a heartfelt letter to a loved one, expressing your gratitude for their presence in your life.	5 Share a funny meme or video with friends to bring some laughter into their day.	6 Send a card to celebrate a friend's birthday or a milestone.																																																																																																		
7 Start a book club and read and discuss the book with friends or colleagues.	8 Offer to teach a skill or share your expertise through online workshops or classes.	9 Create a shared online photo album for friends and family to contribute and reminisce about good times.	10 Send a care package with handwritten notes, snacks, and thoughtful gifts to someone who could use a pick-me-up.	11 Organize a video call with friends to relive past adventures or vacations.	12 Participate in a charity event or fundraiser with friends.	13 Offer to help someone set up and navigate their phone, social media or communication apps.																																																																																																		
14 Collaborate with friends to compile a playlist of uplifting songs and share it with others.	15 Set up a regular outing with a friend who might be feeling isolated or lonely.	16 Leave encouraging comments on social media posts of people who inspire you.	17 Send a surprise meal or treat from a locally owned restaurant to a friend or family member.	18 Write a positive review or testimonial for a small business you support.	19 Share your favorite podcasts or audiobooks with friends.	20 Plan a cooking or baking session with a friend.																																																																																																		
21 Schedule a movie night with friends, complete with snacks and beverages.	22 Ask a friend how they're doing and genuinely listen to their response.	23 Join a local community group on social media and contribute to discussions or offer help.	24 Call the first person that comes to mind and let them know you're thinking about them.	25 Collaborate on a creative project with friends.	26 Offer to proofread or edit a coworker's project.	27 Share your favorite self-improvement resources with friends, such as books or courses.																																																																																																		
28 Organize an event to celebrate an achievement.	29 Connect with a distant relative you haven't spoken to in years.	30 Send virtual hugs or emojis to friends, reminding them you care.	31 Set up a regular call with a mentor or mentee to stay connected and provide guidance.	<p style="text-align: center;"> DECEMBER 2023 FEBRUARY </p> <table style="width: 100%; border-collapse: collapse; font-size: small;"> <tr> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td> <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>1</td><td>2</td> <td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td> </tr> <tr> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> </tr> <tr> <td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> </tr> <tr> <td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> </tr> <tr> <td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>1</td><td>2</td> </tr> <tr> <td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> </tr> </table>			S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	26	27	28	29	30	1	2	28	29	30	31	1	2	3	3	4	5	6	7	8	9	4	5	6	7	8	9	10	10	11	12	13	14	15	16	11	12	13	14	15	16	17	17	18	19	20	21	22	23	18	19	20	21	22	23	24	24	25	26	27	28	29	30	25	26	27	28	29	1	2	31	1	2	3	4	5	6	3	4	5	6	7	8	9
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**EXPAND
YOUR
NETWORK.** 

**make
kindness
the norm.** 

randomactsofkindness.org

RANDOM ACTS OF KINDNESS FOUNDATION®

FEBRUARY 2024

THE MOST IMPORTANT THINGS
IN LIFE ARE THE CONNECTIONS
YOU MAKE WITH OTHERS.

TOM FORD

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

					1 Practice active listening when in conversation, showing genuine interest in what the other person is saying.	2 Start conversations by asking how someone's day was and actively engaging in their response.	3 Surprise someone with a small, unexpected act of kindness.																																																																																																		
4 Make an effort to remember and acknowledge birthdays.	5 Offer your assistance when someone is in need, whether it's moving, running errands, or a simple task.	6 Take the initiative to make plans and spend quality time together.	7 Give sincere compliments to the people with whom you interact.	8 Encourage and support the pursuit of the goals and aspirations of your loved ones.	9 Be quick to apologize when you are wrong and forgive when others make mistakes.	10 Practice patience and understanding when someone is going through a challenging time.																																																																																																			
11 Express gratitude for the people in your life, highlighting what you appreciate about them.	12 Send handwritten thank-you notes for acts of kindness and generosity.	13 Have open and honest conversations about your feelings and concerns, and encourage others to do the same.	14 Celebrate the achievements, big or small, of the people in your life.	15 Volunteer for a cause you care about, strengthening bonds through shared experiences.	16 Prepare and share a meal together.	17 Establish and maintain traditions or rituals with people you love.																																																																																																			
RANDOM ACTS OF KINDNESS WEEK — visit randomactsofkindness.org/rak-week to download our new RAK week activities.																																																																																																									
18 Show empathy and understanding, especially when someone is going through a tough time.	19 Respect and embrace the differences in other's perspectives and lifestyles.	20 Give people the benefit of the doubt rather than assuming negative intentions.	21 Send a heartfelt message or letter expressing your feelings and appreciation.	22 Share your interests and hobbies and invite people to experience them with you.	23 Celebrate not only personal milestones but also the small victories and moments of joy.	24 Be fully present when spending time with someone, without distractions.																																																																																																			
25 Understand and cater to the love languages of the people you care about.	26 Be punctual and respect time when making plans.	27 Provide constructive feedback with kindness and consideration.	28 Encourage and support others' passions, even if you don't share the same interests.	29 Maintain regular contact, even if it's a quick text or call to check in and say hello.	<p style="text-align: center;">JANUARY</p> <table border="1" style="font-size: small;"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th></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>31</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> <p style="text-align: center;">MARCH</p> <table border="1" style="font-size: small;"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</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> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</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> </table>			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	31	1	2	3	4	5	6	7	8	9	10	S	M	T	W	Th	F	S	25	26	27	28	29	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
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**GET
INVOLVED.** 

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RANDOM ACTS OF KINDNESS FOUNDATION®

MARCH 2024

WHEN YOU DO NOTHING, YOU FEEL OVERWHELMED AND POWERLESS. BUT WHEN YOU GET INVOLVED, YOU FEEL THE SENSE OF HOPE AND ACCOMPLISHMENT THAT COMES FROM KNOWING YOU ARE WORKING TO MAKE THINGS BETTER.

MAYA ANGELOU

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

						1 Plan a community clean-up event to beautify public spaces.	2 Shop locally to help small businesses thrive.																																																																																																		
3 Contribute your time and skills to local charities or organizations.	4 Start or join a community garden to provide fresh produce for the neighborhood.	5 Offer mentorship to a young person in your community.	6 Share your knowledge by hosting workshops or classes for community members.	7 Establish a neighborhood watch program to enhance safety.	8 Offer to share tools, books, or other resources with neighbors.	9 Regularly donate non-perishable food items to local food banks.																																																																																																			
10 Attend local community meetings to stay informed and share your ideas.	11 Get to know your neighbors and offer assistance when needed.	12 Volunteer at local schools or donate supplies to classrooms.	13 Attend and support local art shows, concerts, and theater productions.	14 Start a recycling initiative in your community.	15 Set up a small neighborhood library where people can borrow and share books.	16 Collect and distribute clothing to those in need.																																																																																																			
17 Volunteer at local youth sports to encourage young athletes.	18 Help maintain local parks and recreational areas.	19 Host regular potlucks to bring people together.	20 Support environmentally-friendly projects and policies.	21 Share your business knowledge with local entrepreneurs.	22 Host an event to celebrate and appreciate the diversity and talents within your community.	23 Attend a cultural performance.																																																																																																			
24 Organize workshops where community members can share their skills and talents with others.	25 Paint uplifting messages or images on rocks and place them around the community.	26 Offer assistance to elderly neighbors by helping with groceries, yard work, or simple companionship.	27 Support local businesses and get to know the business owners.	28 Create a community bulletin board.	29 Organize a day for your colleagues to volunteer somewhere locally.	30 Participate in a food drive or start one.																																																																																																			
31 Try a new restaurant and support local chefs!	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>FEBRUARY</p> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</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>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 style="text-align: center;"> <p>APRIL</p> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th></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> </div>						S	M	T	W	Th	F	S	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	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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**BROADEN
YOUR
HORIZONS.** 

**make
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RANDOM ACTS OF KINDNESS FOUNDATION®

APRIL 2024

UNLESS YOU TRY TO DO SOMETHING BEYOND WHAT YOU HAVE ALREADY MASTERED, YOU WILL NEVER GROW.

RONALD E. OSBORN

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	1 Read diverse books from different cultures and time periods.	2 Learn a new language.	3 Travel to an unfamiliar place.	4 Take up a new hobby.	5 Attend a cultural event.	6 Listen to a new genre of music.																																																																																																		
7 Enroll in an online course.	8 Volunteer in a different community.	9 Engage in respectful debate and discussion.	10 Network with people from different professions.	11 Read international news sources.	12 Try different cuisines.	13 Take a different route today to view a new path.																																																																																																		
14 Watch a documentary to expand your knowledge base.	15 Attend a workshop or seminar to learn something new.	16 Practice mindfulness or meditation.	17 Connect with people of different ages to gain varied perspectives.	18 Follow thought leaders on social media to be exposed to new ideas and opinions.	19 Explore virtual reality to engage in unique activities or visit a place you'd never thought possible.	20 Take a philosophy course.																																																																																																		
21 Join a book club.	22 Learn about an indigenous culture.	23 Practice empathy to better understand others and foster compassion.	24 Follow scientific advancements in fields outside your expertise.	25 Take a class outside your field.	26 Engage in outdoor activities. Explore and connect with nature.	27 Learn about mythology and folklore to understand the cultural narratives that shape some societies.																																																																																																		
28 Engage in cross-cultural communication to enhance your intercultural competence.	29 Attend TED Talks and conferences.	30 Follow your curiosity and pursue subjects that genuinely interest you.	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>MARCH</p> <table border="1"> <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>25</td><td>26</td><td>27</td><td>28</td><td>29</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> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</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> </table> </div> <div style="text-align: center;"> <p>MAY</p> <table border="1"> <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>				S	M	T	W	Th	F	S	25	26	27	28	29	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	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
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**BE
DYNAMIC
AND
PRODUCTIVE.** 

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kindness
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randomactsofkindness.org

RANDOM ACTS OF KINDNESS FOUNDATION®

MAY 2024

IF YOU SPEND TOO MUCH TIME THINKING ABOUT A THING, YOU'LL NEVER GET IT DONE.
BRUCE LEE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

APRIL

JUNE

S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
31	1	2	3	4	5	6	26	27	28	29	30	31	1
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				1	2	3	4
			Define specific, measurable, achievable, relevant and time-bound (SMART) goals.	Identify and prioritize tasks based on urgency and importance.	Create a daily or weekly to-do list.	Divide large tasks into smaller, more manageable ones.	
5	6	7	8	9	10	11	
Allocate specific blocks of time for different activities.	Identify and minimize distractions.	Give yourself a specific time limit to complete tasks.	Work in focused intervals, followed by short breaks.	Group similar tasks together and tackle them during specific time periods.	Prioritize your workload and be comfortable saying no when needed.	Identify tasks that can be delegated to others.	
12	13	14	15	16	17	18	
Avoid overcommitting by setting realistic expectations.	Use productivity tools to help you manage tasks and deadlines.	Schedule regular breaks.	Incorporate mindfulness techniques into your day.	Use automation tools to streamline repetitive tasks.	Arrange your workspace for maximum efficiency.	Familiarize yourself with keyboard shortcuts.	
19	20	21	22	23	24	25	
If a task takes less than two minutes, do it immediately.	Take time to review your progress and reflect (and celebrate)!	Even for tasks without external deadlines, set your own deadlines.	Invest time in learning new skills or improving existing ones.	Keep meetings focused and only invite necessary participants.	Keep a journal to track your daily activities.	Establish a morning routine to set a positive tone for the day.	
26	27	28	29	30	31		
Avoid multitasking.	Take two minutes to check in with yourself, assess your priorities, and adjust.	Acknowledge and celebrate your achievements, no matter how small.	Regularly assess your processes and identify areas to improve.	Strive for excellence, but recognize when good enough is sufficient.	Establish end-of-day rituals to wrap up work and be ready for the next day.		

**FOSTER A
SENSE OF
BELONGING.** 

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the norm.** 

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RANDOM ACTS OF KINDNESS FOUNDATION®

JUNE 2024

INCLUSION IS THE ONLY SAFETY IF WE ARE TO HAVE A PEACEFUL WORLD.
PEARL S. BUCK

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

						<p>1</p> <p>Ensure diversity in your hiring process with candidates from different backgrounds and experiences.</p>																																																																																																	
<p>2</p> <p>Use inclusive language that respects everyone, regardless of background, gender, or abilities.</p>	<p>3</p> <p>Establish employee resource groups that provide a supportive community.</p>	<p>4</p> <p>Provide cultural competency training to staff to enhance understanding of diverse perspectives.</p>	<p>5</p> <p>Ensure physical spaces are accessible to everyone, including those with disabilities, by implementing universal design principles.</p>	<p>6</p> <p>Acknowledge and celebrate cultural holidays and observances.</p>	<p>7</p> <p>Offer flexible work arrangements to accommodate different needs and responsibilities.</p>	<p>8</p> <p>Implement anonymous channels for feedback to encourage open communication.</p>																																																																																																	
<p>9</p> <p>Consider diverse perspectives when planning events to make them more welcoming.</p>	<p>10</p> <p>Establish mentorship programs that connect individuals from underrepresented groups with experienced mentors.</p>	<p>11</p> <p>Strive for diversity in leadership roles.</p>	<p>12</p> <p>Use training materials that represent a diverse range of cultures, genders and abilities.</p>	<p>13</p> <p>Recognize and address the intersectionality of identities to create better policies and practices.</p>	<p>14</p> <p>Ensure that digital platforms, websites, and technology are accessible to individuals with different abilities.</p>	<p>15</p> <p>Acknowledge and celebrate the achievements of employees from various backgrounds.</p>																																																																																																	
<p>16</p> <p>Develop and communicate policies that promote inclusivity and prevent discrimination.</p>	<p>17</p> <p>Engage with the local community and seek input from various groups to understand their needs and concerns.</p>	<p>18</p> <p>Conduct workshops on cultural competence to educate employees on respecting other cultures.</p>	<p>19</p> <p>Provide equal opportunities for professional development and advancement.</p>	<p>20</p> <p>Ensure that marketing materials represent a diverse range of people and cultures.</p>	<p>21</p> <p>Provide information in multiple formats to accommodate various communication preferences and abilities.</p>	<p>22</p> <p>Host events in venues that are accessible to everyone, including those with mobility challenges.</p>																																																																																																	
<p>23</p> <p>Conduct regular diversity audits to assess progress and identify areas for improvement.</p>	<p>24</p> <p>Collect feedback through surveys to understand the experiences of employees.</p>	<p>25</p> <p>Collaborate with suppliers and vendors that prioritize diversity and inclusion in their practices.</p>	<p>26</p> <p>Foster a culture of allyship.</p>	<p>27</p> <p>Implement policies and practices that create a safe and inclusive environment for everyone.</p>	<p>28</p> <p>Offer support programs for parents, such as flexible schedules and parental leave policies.</p>	<p>29</p> <p>Provide ongoing training on inclusion to reinforce its importance.</p>																																																																																																	
<p>30</p> <p>Plan team-building activities that are inclusive and accessible.</p>	<p style="text-align: center;">MAY</p> <table border="1"> <tr> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td> <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> <td>30</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td> </tr> <tr> <td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td> <td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td> </tr> <tr> <td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td> <td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td> </tr> <tr> <td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td> <td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td> </tr> <tr> <td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td> <td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td> </tr> <tr> <td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> </tr> </table> <p style="text-align: center;">JULY</p>					S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	28	29	30	1	2	3	4	30	1	2	3	4	5	6	5	6	7	8	9	10	11	7	8	9	10	11	12	13	12	13	14	15	16	17	18	14	15	16	17	18	19	20	19	20	21	22	23	24	25	21	22	23	24	25	26	27	26	27	28	29	30	31	1	28	29	30	31	1	2	3	2	3	4	5	6	7	8	4	5	6	7	8	9	10
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**LOSE
YOURSELF
IN NATURE.** 

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the norm.** 

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RANDOM ACTS OF KINDNESS FOUNDATION®

JULY 2024

**THERE IS A WAY THAT NATURE SPEAKS, THAT LAND SPEAKS.
MOST OF THE TIME, WE ARE SIMPLY NOT PATIENT ENOUGH
OR QUIET ENOUGH TO PAY ATTENTION TO THE STORY.**

LINDA HOGAN

SUNDAY

MONDAY

TUESDAY


WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	1 Practice "Leave No Trace" when hiking or camping.	2 Plant native trees, flowers and shrubs to support local ecosystems and provide habitat for wildlife.	3 Participate in clean-up initiatives to remove litter from natural areas, beaches, parks, and trails.	4 Minimize single-use plastic consumption to reduce pollution and the harmful effects on wildlife.	5 Sort and recycle your waste properly to contribute to a more sustainable environment.	6 Share information about environmental issues and conservation practices to raise awareness.
7 Create a composting system for your kitchen waste.	8 Join or organize a tree-planting event to contribute to reforestation efforts in your community.	9 Contribute to or volunteer with organizations dedicated to preserving natural habitats and wildlife.	10 Set up bird feeders and water stations to provide nourishment for local bird species.	11 Conserve water by fixing leaks, using water-efficient appliances, and practicing mindful water use.	12 Create wildlife-friendly spaces by incorporating features like birdhouses, bat boxes, or insect hotels in your yard.	13 Opt for sustainable and eco-friendly products to reduce your environmental footprint.
14 Explore the use of solar energy to reduce dependence on non-renewable sources.	15 Coordinate regular clean-up events in local natural areas.	16 Observe wildlife from a distance and avoid disturbing their natural behaviors and habitats.	17 Use natural materials for arts and crafts to appreciate and celebrate the beauty of nature.	18 Organize or support educational programs that teach others about the importance of conservation.	19 If you fish, follow catch-and-release practices and adhere to sustainable fishing guidelines.	20 Camp responsibly by following campground rules and leaving the area as you found it.
21 Introduce friends and family to the joys of nature by organizing outdoor activities.	22 Plant flowers that attract butterflies and bees to support these pollinators and enhance biodiversity.	23 Capture the beauty of nature through photography while being mindful not to disturb the environment.	24 Choose cleaning products that are environmentally friendly and biodegradable.	25 Consider implementing a green roof or garden to promote biodiversity.	26 Practice meditation in natural settings to foster a deeper connection with the environment.	27 Contribute to scientific research by participating in citizen science projects focused on nature.
28 Offer your time to assist in maintaining and preserving local nature reserves and parks.	29 Use eco-friendly modes of transportation, such as biking or walking, to reduce your carbon footprint.	30 Share books and resources that celebrate nature to inspire others to appreciate and protect the environment.	31 Organize events that educate the community about the importance of nature conservation and sustainable practices.	<p style="text-align: center;"> JUNE 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 1 2 3 4 5 6 </p> <p style="text-align: center;"> AUGUST S M T W Th F S 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 6 7 </p>		

**ENJOY A
STAYCATION.** 

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the norm.** 

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RANDOM ACTS OF KINDNESS FOUNDATION®

AUGUST 2024

...BUT THERE ARE TIMES WHEN WE STOP. WE SIT STILL. WE LOSE OURSELVES IN A PILE OF LEAVES OR ITS MEMORY. WE LISTEN, AND BREEZES FROM A WHOLE OTHER WORLD BEGIN TO WHISPER.

JAMES CARROLL

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

JULY

SEPTEMBER

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28	29	30	31	1	2	3	29	30	1	2	3	4	5
4	5	6	7	8	9	10	6	7	8	9	10	11	12

					1	2	3
					Set up a comfortable space with pillows and blankets for a relaxing reading retreat.	Have a movie or TV marathon with your favorite snacks and beverages.	Try cooking a special, gourmet dinner at home. Experiment with new recipes.
4	5	6	7	8	9	10	
Set up a tent in your backyard for a camping experience close to home.	Treat yourself to a spa day with DIY face masks, bath bombs, and lots of relaxation.	Discover nearby hiking or biking trails that you haven't explored before.	Take virtual tours of museums or cultural institutions from the comfort of your home.	Pick up a new hobby or skill through online tutorials or classes.	Spend time in your garden, planting new flowers or vegetables.	Unplug from devices for a day and focus on offline activities.	
11	12	13	14	15	16	17	
Connect with friends or family for a virtual game night using video conferencing apps.	Embark on a home decor project, whether it's painting a room or creating custom artwork.	Participate in online fitness classes or yoga sessions to stay active.	Order takeout or delivery from a local restaurant to experience a new cuisine.	Spend a day at a local park, enjoying a picnic or simply relaxing in nature.	Invite friends or neighbors for a potluck dinner at your place.	Dive into a book series you've been meaning to read but haven't had the time to start.	
18	19	20	21	22	23	24	
Engage in arts and crafts, whether it's painting, drawing or crafting.	Set up a spa-like atmosphere at home with scented candles, essential oils, and calming music.	Spend an evening stargazing from your backyard or balcony.	Explore your neighborhood and capture interesting moments with your camera or smartphone.	Research and plan a dream vacation for the future, creating an itinerary and exploring options.	Dedicate time to journaling or writing, reflecting on your thoughts and experiences.	Attend a virtual concert or event to enjoy live performances from the comfort of your home.	
25	26	27	28	29	30	31	
Have a board game marathon with friends or family members.	Set up a home movie theater with popcorn, blankets, and dimmed lights.	Practice mindfulness and meditation to relax your mind and reduce stress.	Explore your neighborhood and take in the local sights and sounds.	Take an online cooking class and learn to prepare a new dish.	Turn your home into an art museum by displaying your favorite artwork or creating new pieces.	Explore famous landmarks around the world through virtual tours available online.	

**YOU CAN
WEATHER
THE STORM.** 

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kindness
the norm.** 

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RANDOM ACTS OF KINDNESS FOUNDATION®

SEPTEMBER 2024

THE SECRET OF CHANGE IS TO FOCUS ALL OF YOUR ENERGY NOT ON FIGHTING THE OLD BUT ON BUILDING THE NEW.
SOCRATES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																																		
1 Take time to reflect on your core values and long-term goals to ensure your transitions align with your aspirations.	2 Develop a structured plan outlining the steps and actions you need to take during the transition period.	3 Surround yourself with a supportive network of friends, family, and mentors.	4 Acknowledge that transitions can be challenging, and set realistic expectations for the process and outcomes.	5 Practice mindfulness and prioritize self-care to manage stress and maintain mental and emotional well-being.	6 Create a daily routine to provide structure and stability during times of change.	7 Be adaptable and open to adjusting your plans as needed during the transition.																																																																																																		
8 Acknowledge and celebrate small achievements along the way to stay motivated.	9 Consult with professionals, such as career counselors or financial advisors, to gain insights and guidance.	10 Cultivate a positive mindset and focus on the opportunities that come with change.	11 Reflect on past transitions and identify lessons learned to inform your current approach.	12 Expand your professional and personal networks to create new opportunities and connections.	13 Use the transition as an opportunity to acquire new skills or enhance existing ones.	14 Document your thoughts and experiences in a journal to gain clarity and track your progress.																																																																																																		
15 Keep important documents, plans, and information organized to reduce stress and confusion.	16 Concentrate on factors within your control and let go of things beyond your influence.	17 Create a mental image of your desired outcome to stay motivated and focused.	18 Don't hesitate to ask for support or delegate tasks when needed during the transition.	19 Allow yourself breaks to recharge and avoid burnout during intense periods of transition.	20 Break down long-term goals into smaller, achievable milestones to track progress.	21 Embrace change as an opportunity to explore new perspectives and broaden your horizons.																																																																																																		
22 Stay informed about the details of the transition, whether it's a job change, relocation or personal development.	23 Cultivate a sense of gratitude by appreciating the positive aspects of your transition.	24 Anticipate potential setbacks and have contingency plans in place to navigate challenges.	25 Use the transition period to attend workshops, webinars, or courses that can enhance your knowledge.	26 Acknowledge and commemorate the end of one chapter before embracing the next.	27 Approach the transition with an open mind, recognizing that unexpected opportunities may arise.	28 Share experiences and insights with others who are navigating similar transitions for mutual support.																																																																																																		
29 Cultivate resilience by adapting to change and bouncing back from setbacks.	30 Appreciate the journey itself, recognizing that growth and transformation occur during the process of transition.	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>AUGUST</p> <table border="1"> <thead> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th></tr> </thead> <tbody> <tr><td>28</td><td>29</td><td>30</td><td>31</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> </tbody> </table> </div> <div style="text-align: center;"> <p>OCTOBER</p> <table border="1"> <thead> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th></tr> </thead> <tbody> <tr><td>29</td><td>30</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>31</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> </tbody> </table> </div> </div>					S	M	T	W	Th	F	S	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	6	7	S	M	T	W	Th	F	S	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	9
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**FILL
YOUR OWN
CUP FIRST.** 

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the norm.** 

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RANDOM ACTS OF KINDNESS FOUNDATION®

OCTOBER 2024

**THERE IS HOPE, EVEN
WHEN YOUR BRAIN TELLS
YOU THERE ISN'T.**

JOHN GREEN

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

		1 Dedicate time each day to mindfulness meditation to center your thoughts.	2 Create a consistent sleep schedule.	3 Engage in regular physical activity, whether it's walking, jogging, yoga or any other form of exercise.	4 Maintain a balanced and nutritious diet to support both your physical and mental health.	5 Spend time outdoors to boost your mood.
6 Foster connections with friends and family to combat feelings of loneliness.	7 Set boundaries on screen time, especially social media, to reduce stress and information overload.	8 Start a journal to express your thoughts and feelings, promoting self-reflection.	9 Seek professional help from a therapist or counselor if needed.	10 Practice stress management techniques such as deep breathing, muscle relaxation, or guided imagery.	11 Establish achievable and realistic goals to build a sense of accomplishment.	12 Dedicate time to activities you enjoy.
13 Stay informed, but limit exposure to negative news.	14 Contribute to your community or a cause you care about through volunteering.	15 Set clear boundaries in personal and professional relationships to prevent burnout.	16 Be kind to yourself and practice self-compassion, especially during challenging times.	17 Prioritize your mental health by saying no to commitments that may overwhelm you.	18 Watch a comedy, attend a stand-up show, or spend time with people who make you laugh.	19 Regularly express gratitude for the positive aspects of your life, fostering a positive mindset.
20 Incorporate mindful breathing exercises throughout your day to manage stress and stay present.	21 Challenge negative thoughts and try to see situations from different perspectives.	22 Create a daily routine to provide structure and stability.	23 Join a support group where you can connect with others facing similar challenges.	24 Practice relaxation techniques like progressive muscle relaxation or guided imagery.	25 Designate a peaceful space in your home where you can unwind and relax.	26 Surround yourself with supportive friends, family, or support groups.
27 Develop effective time management skills to reduce stress related to deadlines.	28 Take periodic breaks from digital devices to reduce information overload and screen-related stress.	29 Engage in artistic activities to express yourself.	30 Invest time in personal and professional development to enhance your confidence and skill.	31 Do something that makes you happy every day.	<p style="text-align: center;"> SEPTEMBER S M T W Th F S 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 12 </p> <p style="text-align: center;"> NOVEMBER S M T W Th F S 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 1 2 3 4 5 6 7 </p>	

**THE
GIFT IS
IN THE
GIVING** 

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RANDOM ACTS OF KINDNESS FOUNDATION

NOVEMBER 2024

THE BEST WAY TO FIND YOURSELF IS TO LOSE YOURSELF IN THE SERVICE OF OTHERS.

MAHATMA GHANDI

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

OCTOBER

DECEMBER

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27	28	29	30	31	1	2	29	30	31	1	2	3	4
3	4	5	6	7	8	9	5	6	7	8	9	10	11

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						Offer your time and skills to a local charity or non-profit organization.	Contribute non-perishable food items or make a monetary donation to a local food bank.
3	4	5	6	7	8	9	
Join or organize a clean-up event to improve your community.	Share knowledge and experiences by mentoring someone in your field.	Choose to shop at local businesses to support your local economy.	Plan and host a fundraiser for a cause you care about.	Support a child's education by sponsoring school supplies, books or lunches.	If you have professional skills, offer pro bono services to individuals in need.	Assemble care packages for the homeless or individuals facing challenging circumstances.	
10	11	12	13	14	15	16	
Give the gift of life by donating blood at a local donation center.	Help individuals improve their literacy skills by volunteering as a tutor.	Join or organize initiatives to protect the environment.	Spend time with residents of nursing homes by offering companionship and support.	Provide temporary care for animals in need by becoming a foster pet parent.	Share your expertise by hosting workshops or classes in your community.	Collect and donate clothing to shelters or organizations supporting those in need.	
17	18	19	20	21	22	23	
Join events that raise funds for charitable causes.	Write a letter of appreciation and support to someone you haven't seen in awhile.	Offer to teach a skill you excel at, whether cooking, art or a particular subject.	Start or contribute to a community garden that provides fresh produce to local residents.	Support educational programs or scholarship funds to help students pursue their studies.	Host workshops or classes for elderly individuals to learn new skills or engage in activities.	Offer assistance to neighbors in need, whether helping with chores or providing company.	
24	25	26	27	28	29	30	
Contribute to organizations promoting mental health awareness and support.	Assist elderly or disabled individuals by running errands or providing transportation.	Organize a potluck where community members can share food and build connections.	Prepare care packages for new parents with essential items and encouraging notes.	Volunteer at a local shelter by serving meals or helping with meal preparation.	Collect and donate toys for children in need.	Get involved in global initiatives by supporting organizations that address international issues like poverty, health and education.	

**CONNECT
WITH
LOVED
ONES.** 

**make
kindness
the norm.** 
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RANDOM ACTS OF KINDNESS FOUNDATION®

DECEMBER 2024

LOVE ONE ANOTHER, AND YOU
WILL BE HAPPY. IT'S AS SIMPLE
AND AS DIFFICULT AS THAT.

MICHAEL LEUNIG

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Organize a virtual game night using video conferencing tools to play games with friends and family.	2 Schedule a regular family movie night complete with popcorn and blankets.	3 Arrange a virtual cooking session where you and your loved ones prepare the same recipe together.	4 Enjoy a picnic in a local park or even in your backyard with family and friends.	5 Start a virtual book club with friends, discussing your favorite books and sharing recommendations.	6 Organize a potluck where each participant contributes a dish and everyone enjoys a variety of foods.	7 Celebrate birthdays, holidays or special occasions via video calls if you can't be in person together.																																																																																																		
8 Create and exchange playlists, showcasing your favorite songs.	9 Go through old photos or home videos together, reminiscing about shared memories.	10 Join online fitness classes together or create a virtual workout routine with friends.	11 Send handwritten letters, postcards, or care packages to surprise and uplift your loved ones.	12 Engage in a virtual paint night, following the same painting tutorial with friends.	13 Host an online trivia night with questions tailored to your group's interests.	14 Participate in events on the weekend with a friend or family member.																																																																																																		
15 Build a digital photo album that friends and family can contribute to, capturing moments from various perspectives.	16 Arrange a weekend getaway with friends or family to a nearby destination.	17 Collaborate on a project, whether it's a DIY home improvement task or creative endeavor.	18 Regularly send thoughtful messages to check in on your loved ones and show that you care.	19 Showcase your talents or interests through a virtual talent show with colleagues.	20 Exchange favorite recipes with coworkers, trying out each other's culinary creations.	21 Have a regular family story time session where members take turns reading or sharing stories.																																																																																																		
22 Arrange a workshop or learning session where each person teaches a skill or shares expertise.	23 Plan an outdoor adventure like hiking, biking or camping.	24 Schedule a group video call with extended family members to catch up and share updates.	25 Spend a day playing board games, card games, or video games with friends or family.	26 Build a shared bucket list with friends or family, filled with activities you want to experience together.	27 Encourage and support each other in achieving personal or professional goals.	28 Practice meditation or yoga together.																																																																																																		
29 Schedule time after work to catch up over coffee or appetizers.	30 Volunteer together or contribute to a charitable cause as a group.	31 Consider organizing a retreat or getaway with family or friends to strengthen your bonds.	<p style="text-align: center;">NOVEMBER</p> <table border="1"> <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>31</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> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</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> <p style="text-align: center;">JANUARY 2025</p> <table border="1"> <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>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>				S	M	T	W	Th	F	S	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	1	2	3	4	5	6	7	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	31	1	2	3	4	5	6	7	8
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