

MAY 2024

**make
kindness
the norm.**

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY









SATURDAY

APRIL

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

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>1</p> <p>Ask your neighbors if they need you to pick up groceries while you shop.</p>	<p>2</p> <p>Write a sweet, encouraging note and put it in your child's lunch box or under their pillow.</p>	<p>3</p> <p>Pay the toll for the driver behind you.</p>	<p>4</p> <p>Treat the children in your life to a sci-fi movie today.</p>
<p>5</p> <p>Invite friends over for dinner to celebrate Mexican culture and heritage today.</p>	 <p>6</p> <p>Plan a family camping trip.</p>	<p>7</p> <p>Buy the child in your life their favorite comic book.</p>	 <p>8</p> <p>Gift your mother a scrapbook of shared favorite family memories.</p>	<p>9</p> <p>Organize a "Charity Day" at work.</p>	 <p>10</p> <p>Slip a \$10 bill in with a random box of diapers at the store.</p>	<p>11</p> <p>Eat what you want today and savor every bite.</p>
<p>12</p> <p>Take flowers or treats to the nurses' station at your nearest hospital.</p> 	<p>13</p> <p>Spend time in nature and recharge by going on a hike.</p>	 <p>14</p> <p>Watch the sunset on a hammock with someone special.</p>	<p>15</p> <p>Deliver homemade cookies to a neighbor.</p>	<p>16</p> <p>Get creative! Make up your own random act of kindness today!</p>	<p>17</p> <p>Donate to an endangered species charity.</p>	<p>18</p> <p>Show your appreciation by doing a household chore that your partner normally does.</p>
<p>19</p> <p>Bring gently used clothing and footwear to your local donation station.</p>	<p>20</p> <p>Tip your waitstaff generously with a note thanking them for their great service.</p>	<p>21</p> <p>Set aside some time today for self-care.</p>	<p>22</p> <p>Commit to learning how to play a new musical instrument this year.</p>	<p>23</p> <p>Use reusable grocery bags and hand a few extras out to other shoppers.</p>	<p>24</p> <p>Plan to attend a cultural event in your community.</p>	<p>25</p> <p>Take a long walk on the beach or a quiet trail on a sunny day.</p>
<p>26</p> <p>Put together a self-care basket for a stressed-out friend or relative.</p>	<p>27</p> <p>Purchase small sunscreen bottles and pass them out to friends/ coworkers to use this summer.</p> 	<p>28</p> <p>Invite a friend, neighbor, or coworker home for dinner.</p>	<p>29</p> <p>Go window shopping and support your local mom and pop shops.</p>	 <p>30</p> <p>Have a yard sale and donate the profits to your favorite charity.</p>	<p>31</p> <p>Volunteer with your local fire station or rescue team.</p>	