

# AUGUST 2015

SUN	MON	TUE	WED	THU	FRI	SAT
						<b>1</b> Share a special toy with a friend
<b>2</b> Clean up your room without being asked	<b>3</b> Tape a video message for faraway friends	<b>4</b> Leave kindness stones at the park	<b>5</b> Send dessert to another family at a restaurant	<b>6</b> Give spare change to the food pantry	<b>7</b> Buy extra school supplies for a teacher	<b>8</b> Make muffins for your pharmacist
<b>9</b> Teach someone something new	<b>10</b> Reuse paper when you are drawing	<b>11</b> Pay for someone's toll	<b>12</b> Give someone a hug coupon	<b>13</b> Volunteer at a soup kitchen	<b>14</b> Write a note for someone's lunch	<b>15</b> Collect money or items for your favorite charity
<b>16</b> Donate coloring books and crayons to the children's hospital	<b>17</b> Write a poem for a friend	<b>18</b> Help someone unload groceries at the store	<b>19</b> Make a candy gram for the police department	<b>20</b> Collect books for the library	<b>21</b> Adopt an animal online	<b>22</b> Decorate tissue boxes and hand sanitizer for nursing stations
<b>23</b> Make a homemade gift for someone	<b>24</b> Clean up your toys without being asked	<b>25</b> Deliver water bottles to the homeless shelter	<b>26</b> Create activity bags for families of deployed soldiers	<b>27</b> Give high fives to a friend	<b>28</b> Dry the slides at the park with a towel after it rains	<b>29</b> Set the table
<b>30</b> Send a postcard to a friend	<b>31</b> Smile at everybody. It's contagious					