## SUMMER 2019 KINDNESS CALENDARS

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Spreading Random Acts of Kindness ALL SUMMER LONG!

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## YOU'VE BEEN RAK'D!!

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	JU			20	19	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAÝ
						Do a chore for someone as a surprise
2	3	4	5	6	7	8
Tell a joke	Return someone's cart at the store	- Give candy to your bank teller	Leave a note in a library book	Feed the birds	Put a small bin in your car to collect recycling	Leave happy notes around town
<b>9</b> Call your grandparents and ask them about their childhood	<b>10</b> Pick up litter	Let someone go ahead of you in line	<b>12</b> Compliment a friend	13 Wash someone's car	<b>14</b> Write a thank you note for your mail carrier	15 Plant something
16	17	18	19 set up a	20	21	22
Bake a dessert for a neighbor	Walk dogs at the animal shelter	Check in on an elderly neighbor	Set up a lemonade stand and donate the profits	Send a card to a service member	Bury treasure at the playground	Set the table for dinner
23 Leave bubbles at	24	25	26	27	28	29
someone's doorstep <b>30</b> Hold the door open for someone		Donate outgrown clothes	Buy coffee for a stranger	Pass out stickers to kids waiting in line	Help make dinner	Put change on a vending machine

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	<b>DO</b> THURSDAY	<b>19</b> FRIDAY	SATURDAY
	<b>1</b> Give someone a hug	<b>2</b> Donate a toy	<b>3</b> Bring your neighbors' garbage cans up for them	<b>4</b> Make a busy bag for a family with young children	5 Leave a popcorn surprise on a DVD rental machine	6 Write chalk messages on the sidewalk
<b>7</b> Weed or plant flowers for a neighbor	<b>8</b> Donate food to the food pantry	P Tell a manager how good your service was	10 Tape change to a parking meter	Donate socks and supplies to a homeless shelter	<b>12</b> Give a lottery ticket to a stranger	<b>13</b> Call a friend you haven't seen in a while to say hello
14 Tape money for the ice cream truck to a friend's front door	<b>15</b> Take treats to the fire station	<b>16</b> Read a book to someone	17 Leave heads up pennies on the sidewalk	18 Tell someone how much you love him/her	Say hello to everyone you see	20 Make someone else's bed
<b>21</b> Do a secret act of kindness for someone in your family	<b>22</b> Sing songs at a nursing home	23 Invite someone to play on the playground	24 Turn off the water while brushing your teeth	25 Say thank you when you see service members	<b>26</b> Fill a kindness jar with candy for another family	27 Make a thank you sign for sanitation workers
28 Take care of someone's pet while they are away	<b>29</b> Help make dinner	<b>30</b> Donate new pajamas to foster kids	<b>31</b> Make a get well card for someone			

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