

SUMMER 2019 KINDNESS CALENDARS

Thank you for downloading our Summer 2019 Kindness Calendars!

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**YOU'VE BEEN
RAK'D!!**

Spreading Random Acts of Kindness
ALL SUMMER LONG!

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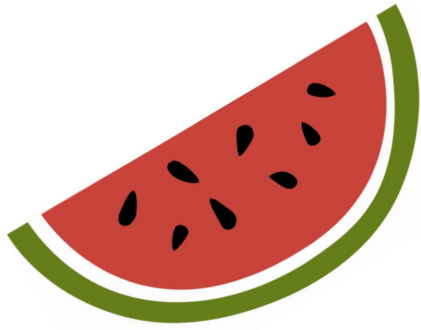
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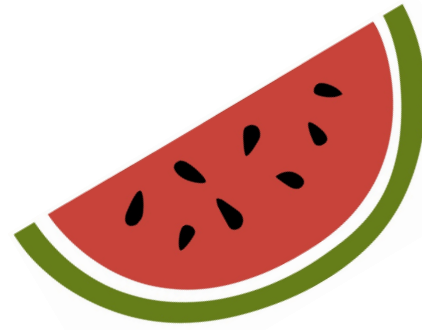
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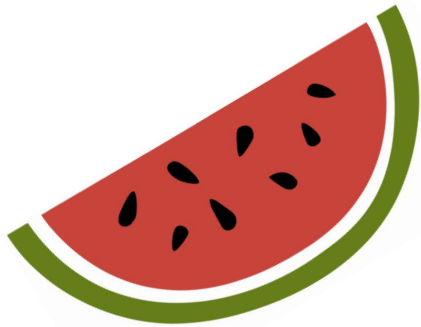
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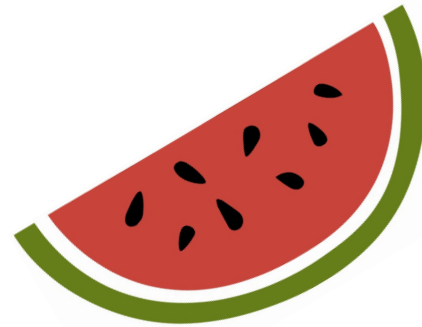
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JUNE 2019



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

						1 Do a chore for someone as a surprise
2 Tell a joke	3 Return someone's cart at the store	4 Give candy to your bank teller	5 Leave a note in a library book	6 Feed the birds	7 Put a small bin in your car to collect recycling	8 Leave happy notes around town
9 Call your grandparents and ask them about their childhood	10 Pick up litter	11 Let someone go ahead of you in line	12 Compliment a friend	13 Wash someone's car	14 Write a thank you note for your mail carrier	15 Plant something
16 Bake a dessert for a neighbor	17 Walk dogs at the animal shelter	18 Check in on an elderly neighbor	19 Set up a lemonade stand and donate the profits	20 Send a card to a service member	21 Bury treasure at the playground	22 Set the table for dinner
23 Leave bubbles at someone's doorstep	24 Tell someone why he/she is special to you	25 Donate outgrown clothes	26 Buy coffee for a stranger	27 Pass out stickers to kids waiting in line	28 Help make dinner	29 Put change on a vending machine
30 Hold the door open for someone						



JULY 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Give someone a hug	2 Donate a toy	3 Bring your neighbors' garbage cans up for them	4 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
7 Weed or plant flowers for a neighbor	8 Donate food to the food pantry	9 Tell a manager how good your service was	10 Tape change to a parking meter	11 Donate socks and supplies to a homeless shelter	12 Give a lottery ticket to a stranger	13 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	15 Take treats to the fire station	16 Read a book to someone	17 Leave heads up pennies on the sidewalk	18 Tell someone how much you love him/her	19 Say hello to everyone you see	20 Make someone else's bed
21 Do a secret act of kindness for someone in your family	22 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	26 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	29 Help make dinner	30 Donate new pajamas to foster kids	31 Make a get well card for someone			

AUGUST 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

				1 Tape a video message for a faraway friend	2 Leave kindness stones at the park	3 Send dessert to another family at a restaurant
4 Give spare change to the food pantry	5 Buy extra school supplies for a teacher	6 Make muffins for your pharmacist	7 Teach someone something new	8 Reuse paper when you are drawing	9 Pay for someone's toll	10 Give someone a hug coupon
11 Volunteer at a soup kitchen	12 Write a note to put in someone's lunch	13 Collect money or items for your favorite charity	14 Donate coloring books and crayons to a children's hospital	15 Write a poem for a friend	16 Help someone unload groceries at the store	17 Make a candy gram for the police department
18 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	22 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 Give high fives to a friend	26 Dry the slides at the park with a towel after it rains	27 Set the table	28 Send a postcard to a friend	29 Smile at everyone – it's contagious	30 Share a special toy with a friend	31 Clean up your room without being asked