

**make
kindness
the norm.™** 

2022-2023 KINDNESS CALENDAR FOR SCHOOLS

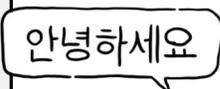
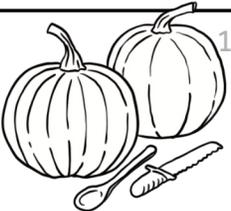
AUGUST 2022

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31	1 Include a new friend in your game.	2 Try to learn at least one thing new today.	3 Laugh out loud with a friend.	4 Stand up for someone who is struggling.	5 Thank a teacher for their dedication.	6 Enjoy a family night with activities at home.																																																																																																		
7 Spread some happiness in your home.	8  Start reading a new book.	9 Practice patience.	10 Celebrate the members of your family.	11 Compliment a classmate.	12  Give someone a high five!	13 Donate items you are no longer using to a good cause.																																																																																																		
14 Bake cookies for a neighbor.	15 Enjoy your favorite activity and try something new.	16 Thank your bus driver.	17 Make an effort to avoid judging others.	18 Share a special photo with others.	19 Give a handwritten note to a staff member at school.	20 Take a bike ride.																																																																																																		
21 Play your favorite game.	22 Drink more water. Use a reusable water bottle.	23 Show some extra courage. Tell someone you're sorry if you've wronged them.	24 Do something that makes you happy.	25 Believe in yourself.	26 Tell someone you like their smile.	27  Plant a tree with your family.																																																																																																		
28  Exercise outside.	29 Do one thing to keep your community cleaner.	30 Get out and enjoy the day. Pack a picnic!	31  Listen to your favorite song.	1	<p>JULY</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>4</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> <p>SEPTEMBER</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>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>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	4	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	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
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SEPTEMBER 2022

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4		5		<p>6</p>  <p>Thank someone who is a hard worker.</p>		7		8		9		10	
<p>Pack tomorrow's lunch in a reusable bag or lunchbox.</p>		<p>Share a funny joke with a friend.</p>		<p>Give someone a copy of your favorite book.</p>		<p>Start a journal for special quotes.</p>		<p>Share one of your favorite memories with a friend. Ask about their favorite memory.</p>		<p>Try to create positive energy with everything you say and do.</p>			
11		12		13		14		15		16		17	
<p>Call a family member you don't see often.</p>		<p>Walk a dog.</p> 		<p>Turn your negative thoughts into gratitude.</p>		<p>Share a positive video.</p>		<p>Resolve to be less judgmental in your day to day life.</p>		<p>Invite a classmate you don't know to sit at your table during lunch.</p>		<p>Paint and hide rocks in neighbors' gardens.</p>	
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<p>Get some neighbors together to spend an afternoon picking up litter in your neighborhood.</p>		<p>Hug a loved one. Make it a long hug!</p>		<p>Write a kind note and place it on the bathroom mirror.</p>		<p>Compliment someone's on something other than their clothing or looks.</p>		<p>Change three small things about your routine that will help the environment.</p>		<p>Skip the meat and eat fresh veggies today.</p> 		<p>Read a book about indigenous people from your country.</p>	
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<p>Read a comic book to a younger family member.</p> 		<p>Write a love note to yourself about everything that makes you wonderfully you.</p>		<p>Sneak a note of thanks on to your teacher's desk.</p>		<p>Give your neighbor a smile.</p>		<p>Try to make a new friend today.</p>		<p>Invite someone new to play with you during recess.</p>			

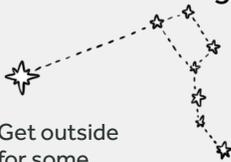
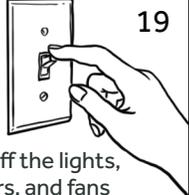
OCTOBER 2022

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25  Take a walk and enjoy nature.	26 Join or volunteer to start a kindness club.	27 Write a list of five things you would like to accomplish in your life.	28 Use less plastic and recycle more.	29 Donate puzzles and books to an elementary school.	30 Accomplish one big task today.	1  Bring soup to a sick neighbor.																																																																																																		
2  Take a walk and enjoy nature.	3 Join or volunteer to start a kindness club.	4 Write a list of five things you would like to accomplish in your life.	5 Use less plastic and recycle more.	6 Donate puzzles and books to an elementary school.	7 Accomplish one big task today.	8 Offer to help with yard work in your neighborhood.																																																																																																		
9 Tape coins or hide small toys around a playground.	10  Learn to say hello or thank you in a friend's native language.	11 Go outside your comfort zone and do something brave!	12 Call and say hello to the first person who comes to mind.	13 Help a friend with a task.	14 Treat yourself to your favorite dessert. Share with a loved one or a friend.	15 Give needed items to someone experiencing homelessness.																																																																																																		
16 Pick up trash from the sidewalks in your community.	17 Plan to do one thing new and different each day this week.	18 Watch the sunset with a loved one.	19 Compliment a classmate.	20 Smile at a stranger today. Tell them you hope they have a great day.	21  Post an encouraging note on someone's locker.	22 Visit a nursing home. Bring flowers or kind notes.																																																																																																		
23 Work together to create a healthy meal at home.	24 Give a friend something meaningful to you.	25 Leave pumpkins on a family's doorstep along with kid friendly tools for carving.	26 Hide a positive note in a library book.	27 Follow through on a promise you made.	28 Write a note of appreciation for the custodial staff.	29 Try a new hobby.																																																																																																		
30 Paint positive messages on pumpkins and leave them around the community.	31 Offer allergy-friendly options for trick-or-treating.	1 	2	3	<p>SEPTEMBER</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>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>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> <p>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>30</td><td>31</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>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>		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	1	2	3	4	5	6	7	8	S	M	T	W	Th	F	S	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	8	9	10
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		Encourage those closest to you to take part in a community event.	Write positive messages on the sidewalk with chalk.	Show appreciation to someone in your school today by leaving an anonymous note.	Give away one of your possessions for free.	Help make your favorite meal today.																																																																																																		
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Start a book about a topic that is new to you.	Do something that you find challenging today.	Put positive notes on the mirrors in the bathroom.	Hand-write a letter of gratitude to someone who has positively affected your life.	Make a healthy fruit salad and share with the family.	Compliment someone in front of others.	Visit randomactsofkindness.org and become a RAKtivist.																																																																																																		
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Make first aid kits for local shelters.	Stop what you're doing for a few minutes to just breathe and appreciate your life.	Help a classmate with a tough task.	Ask your family or friends to join you for a hike this weekend.	Write a note of thanks to the cafeteria staff.	Create a gratitude wall in your classroom for all to post notes of thanks to fellow classmates.	Wake up early to appreciate the sunrise.																																																																																																		
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Send someone you care about a surprise care package.	Forgive someone. Tell them you forgave them.	Share an encouraging song with others.	Clean up your classroom during free time.	Play gratitude ping pong: pass a ball back and forth for two minutes sharing things for which you are grateful.	Organize and clean your workspace – appreciate yourself!	Write a letter to your future self at futureme.org , detailing all the things you appreciate about YOU.																																																																																																		
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Text a friend to let them know you're thinking of them.	Find a reason to laugh today. Tell someone a good joke!	Turn on your favorite music when you get home. Do a little dance!	Get to bed early and get a great night of sleep.																																																																																																					

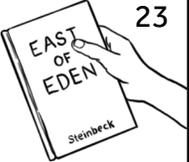
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				Bring some festivity to your school; decorate your classroom.	Spend some time listening to some cheerful holiday music.	 <p>Get outside for some stargazing.</p>
4	5	6	7	8	9	10
Send a care package to a children's hospital.	Think of a way to become more organized in your schoolwork.	Post a positive quote on your classroom door.	Create a kindness tree. Ask classmates to help decorate it.	Send cheerful holiday cards with inspiring quotes to hospitalized children using the Cardz for Kidz service.	Call someone you miss.	Send a holiday care package to a deployed service member.
11	12	13	14	15	16	17
Name a star after someone at nameastar.com.	Make a list of five things for which you are grateful.	Plan to wear an outfit that makes you feel great tomorrow.	Compliment a teacher's style.	 <p>Contribute toys to your local Toys for Tots campaign.</p>	Show a friend how much you appreciate them in a unique way.	Give a treat to your delivery workers.
18	19	20	21	22	23	24
Distribute hand warmers to the unhoused in your community.	 <p>Turn off the lights, heaters, and fans that are not in use.</p>	Create an image of your favorite winter activity.	Write a note of thanks to your classroom aides.	 <p>Create holiday cards for your family members.</p>	Do something you love: go for a walk, draw, read, write, yoga. Whatever it is, do it for you!	Gift a loved one an experience rather than a material gift.
25	26	27	28	29	30	31
 <p>Hand out candy canes with a note wishing the recipient a joyful holiday season.</p>	Treat yourself to a delicious dessert.	Call a friend to catch up.	Play with your siblings or neighbor's children so the parents can have time to recharge.	Listen to a guided meditation.	Take today to rest and enjoy the end of the year.	Set intentions for the new year. What goals do you hope to accomplish?

JANUARY 2023

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
1 Create a kindness journal or jar to capture wonderful moments throughout 2023.	2 Stop what you're doing, close your eyes, and take a deep breath.	3 Focus on completing one goal today.	4 Go out and enjoy watching the birds.	5  Start a puzzle today.	6 Notice and appreciate the tiny details around you.	7  Take a bubble bath today!																																																																																																		
8 Take a treat to your local police or fire department.	9 Eat your food slowly today and savor every bite.	10 Tidy up your workspace.	11 Offer to help a classmate on a project.	12 Take one step towards making your dreams come true.	13 Compliment a custodial staff's hard work.	14 Plan a staycation with your family.																																																																																																		
15  Post a kindness message on social media.	16 Begin a journal on how you feel each day and why.	17 Listen to a friend without judgment.	18 Share a bowl of popcorn with a friend or family member.	19 Take a walk and enjoy the fresh air.	20 Watch the clouds and find shapes while enjoying the sun.	21 Make a list of 10 things for which you are grateful.																																																																																																		
22 Handwrite a note to someone that means a lot to you.	23 Compliment five people around you on something not related to physical appearance.	24 Practice 4-4-6 breathing. Breathe in for 4 counts, hold it for 4 counts, exhale for 6 counts. Repeat.	25  Practice active listening with a friend.	26 Notice your body language. What are you communicating?	27 Exchange personal stories with a new classmate.	28 Play a board game or do a puzzle with friends or family.																																																																																																		
29 Allow yourself to sleep in and relax.	30  Share a conversation over a cup of hot chocolate with a friend or family member.	31 Unplug from technology today.	1	2	<p>DECEMBER</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>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> </table> <p>FEBRUARY</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>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>		S	M	T	W	Th	F	S	27	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	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	1	2	3	4	5	6	7	8	9	10	11
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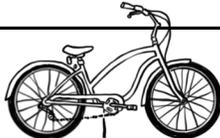
FEBRUARY 2023

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 Leave positive notes on the shelves of a grocery store.	6 Stay after class to help a teacher clean the classroom.	7 Take time for yourself when overwhelmed. Take a walk and get a glass of water.	8 Instead of asking how someone is doing, ask about something good that's happened since the last time you met.	 "Shower" a classmate with an "torrent" of kindness today.	10 Introduce yourself to someone you haven't met at your school.	11 Relax and do something you enjoy.																																																																																																		
12 Follow The Random Acts of Kindness Foundation on social media for RAK Day activities and resources	13 Give an envelope containing a gift card to a tea/coffee shop to a teacher with a note inviting them to take some relaxing time.	14 Today, remember how proud you were of something you did as a child and do it again!	15 Write a letter or card and mail it to someone who isn't expecting it.	16 Take \$5 or five \$1 dollar bills and get out in your community and see what opportunities present themselves.	17 Do something extra kind today!	 Plant a local pollinator friendly plant or flower.																																																																																																		
19 Encourage your family members to become a RAKtivist at randomactsofkindness.org	20 Ask your family about their "highs and lows" for the day during a family dinner.	21 Share positive thoughts with a teacher.	22 Volunteer to read to a younger student.	 Pass on your favorite books.	24 Send a text to let someone know you're thinking of them.	25 Handwrite a note thanking an elder for their impact on your life.																																																																																																		
26 Take the day to do whatever YOU want.	27 Post a happy dance on social media to make others smile.	28 Wish the first person you see an amazing day.	1	2	<p>JANUARY</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>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</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> </table> <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>26</td><td>27</td><td>28</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	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	11	S	M	T	W	Th	F	S	26	27	28	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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5	6	7	8	9	10		11	12		13	14	15	16	17	18	Share a favorite memory with a family member.	Post a sticky note with a kind message on someone's locker.	Thank an influential woman in your life.	Spend at least 30 minutes doing something that you love.	Forgive yourself for something that's been bothering you.	Be honest and kind when speaking to others.	Volunteer with your family at an animal shelter or rescue.																										
19	20		21	22		23	24	25	26	27	28	29	30	31	1	Go on a nature walk with a friend or family member.	Eat a slice of your favorite pie.	Offer to help a school staff member with a task.	Reply positively to an online post.	Compliment a classmate about a unique characteristic.	Say, "Thank You!" and mean it.	Get your family members together and tell funny stories.																										
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	Make someone happy today by doing something they love with them.	Share an encouraging poem with someone.	Go to bed an hour early.	Pick up trash in your school's hallways.	Do 15 minutes of stretches.	Finish your work on time and to the best of your ability.	Celebrate a made-up holiday.														
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	Swing on a swing.	Make sure your pets know how much they're loved.	Try eating 5 servings of fruits and vegetables a day.	Take a walk in the park with a friend or family member.	Color a page and share it with a loved one.	Give someone a genuine and meaningful compliment.															

APRIL 2023

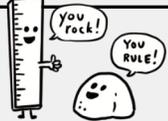
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Set positive intentions for your week.	Pick up trash in your school hallways.	Send a kind text to a loved one.	Walk or bike to reduce your carbon footprint.	Give yourself permission to put your feet up and breathe deeply.	Talk to someone new.	Join your family in recycling items from your home.																																																																																																																
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Tell your siblings what they mean to you.	Give your pet some extra attention.	Thank your librarian or assistant for their hard work.	Use both sides of your paper.	Share a funny joke to make others laugh out loud.	Invite a friend to share dinner with your family.	Use your unique talent to make the world a better place.																																																																																																																
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Get up early to appreciate the sunrise.	Make an effort to waste less time.	Help organize a space in your classroom.	Enjoy a cup of tea with a classmate you don't know well.	Post an inspiring story on social media.	Gift a plant to a staff member of your school.	Gather some friends or family members to clean up a favorite trail in your community.																																																																																																																
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Donate your gently used clothing.	Pack lunch with reusable containers. 	Complete a random act of kindness for someone.	Listen to someone and offer words of wisdom.	Spend time cleaning up the grounds outside your school.	Be kind with your words. You never know what someone is struggling with.	Be honest with yourself and others today.																																																																																																																
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JUNE 2023

RANDOM ACTS OF KINDNESS FOUNDATION®

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Admit your mistakes to yourself and others.	Plan to watch a movie at the drive-in with loved ones.	Learn a new person's name and favorite hobby.	Tell your best friend how special they are.	Encourage someone you see struggling at school.	Write a positive comment on a website or blog.	Offer a glass of water to someone working in the yard.
11	12	13	14	15	16	17
Turn your technology off for a day of unplugged peace.	Find a penpal and start a new friendship!	Encourage your loved ones to become blood donors.	Take a picture of something beautiful outdoors and share it.	Acknowledge someone with a warm greeting or smile.	Share your favorite joke with a new friend.	 Take a picnic to a local park with your loved ones.
18	19	20	21	22	23	24
Show appreciation to a neighbor.	Post a silly new dance to encourage others to laugh on social media.	Drink more water. 	Learn more about the rainforests around the world.	Start a piggy bank for a good cause. 	Thank your office staff for their hard work.	 Fill a birdhouse with seed for your yard.
25	26	27	28	29	30	1
 Donate used books to your local library.	Post a positive sticky note on the teacher's lounge door.	Send a postcard to a loved one who lives far away.	Make a list of three things you are grateful for.	Make a plan to share a meal with friends this weekend.	Give someone you rarely talk to a compliment.	

JULY 2023

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25	26	27	28	29	30	1 Compliment the small things about someone you love.																																																																																																																
2 Try yoga or meditation.	3 Share a meal with others.	4 Always assume the best of others.	5 Kiss your spouse, child, friend, or pet today!	6  Put some change in an envelope and tape it to a vending machine.	7 Share a funny story on social media.	8 Bake sugar cookies with loved ones to share with someone in your community.																																																																																																																
9  Share a sincere compliment with someone.	10 Try to view things from another perspective.	11 Practice a moment of self-reflection.	12  Embrace your geek side and do something you love!	13 Take the first step towards resolving an issue with someone you care about.	14 Stand up for what you believe.	15 Find a way to show compassion today.																																																																																																																
16 Pack lunches and hand them out to people experiencing homelessness.	17  Enjoy ice cream with your friends.	18 Explore a new walking path with your family.	19 Draw a picture of what you think it looks like on an unexplored planet.	20 Continue (or start) writing a journal that captures one good thing each day.	21 Stay away from toxic people in your world.	22 Hang a hammock and take a nap outside.																																																																																																																
23 Show your parents or parental figures how much you appreciate their guidance in your life.	24 Write a handwritten thank you note to an aunt or uncle who always makes you smile.	25 Text or call an old friend to catch up. 	26 Believe that you are worth all of the love you are shown.	27 Invite a friend to meet you for a walk in the park.	28 Try out a new recipe with a loved one.	29 If you haven't said "I love you" in a while, say it to someone and yourself.																																																																																																																
30 Share a video on social media of someone playing an uncommon musical instrument.	31 Email a joke or funny video to a group of your friends.	1	2	3	<table border="0"> <thead> <tr> <th colspan="7">JUNE</th> <th colspan="7">AUGUST</th> </tr> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th> <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> <td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td> </tr> <tr> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> <td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td> </tr> <tr> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> <td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td> </tr> <tr> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> <td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td> </tr> <tr> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td> <td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</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>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> </tr> </tbody> </table>		JUNE							AUGUST							S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	28	29	30	31	1	2	3	30	31	1	2	3	4	5	4	5	6	7	8	9	10	6	7	8	9	10	11	12	11	12	13	14	15	16	17	13	14	15	16	17	18	19	18	19	20	21	22	23	24	20	21	22	23	24	25	26	25	26	27	28	29	30	1	27	28	29	30	31	1	2	2	3	4	5	6	7	8	3	4	5	6	7	8	9
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25	26	27	28	29	30	1	27	28	29	30	31	1	2																																																																																																									
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