

# May Acts of Kindness Calendar

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	1 Send in a treat for the school principal	2 Get the Mental Health Month toolkit - share & reach out to others in need	3 Plant wildflowers or native plants in your yard	4 Feed the birds	5 Do something nice for a military spouse or simply say "Thank You"	6 Bring treats to a nurses' station at a local hospital
7 Take a child to get a free comic book	8 Pick up litter	9 Send in a small gift for your child's teacher	10 Fill a candy jar and leave it with a receptionist	11 Offer to run an errand for someone else	12 Leave funny limericks in random places	13 Do something nice for your favorite babysitter
14 Call or visit someone whose mother has passed away	15 Leave change in a vending machine	16 Plant or tend to a tree	17 Download the Red Cross Swim App & encourage others to get it too	18 Call or visit a relative you don't see often	19 Volunteer at or donate to a local nature center, park or wildlife refuge	20 Thank a member of the armed forces
21 Leave a generous tip for a waiter or waitress	22 Deliver a thank you card to a nearby EMS station	23 Leave pennies on the ground in random places	24 Hold a neighborhood scavenger hunt	25 Share photos of missing children on social media	26 Bring bottled water to outdoor workers	27 Start or donate to a Foster Closet
28 Visit a memorial or wear red poppies	29 Find an old photo and share it with friends or family in the picture	30 Help others see the positive all day	31 Surprise your spouse with a lunch date			