



June Acts of Kindness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Say something nice to each person you speak to	2 Surprise someone with donuts for breakfast	3 Donate cat food and/or toys to an animal shelter
4 Participate in SAFE day	5 Leave a filled candy dish on someone's desk	6 Put away someone else's cart at the store	7 Leave heads up pennies on the ground	8 Surprise your best friend with a small gift or treat	9 Hand out popsicles at the playground	10 Leave ballpoint pens in random places where people need them
11 Let the kids choose what to do today	12 Tape change to a parking meter	13 Weed a neighbor's garden or a common area	14 Hand out cold bottled water to someone working outdoors	15 Smile at everyone you see today	16 Leave activity books and crayons in waiting rooms	17 Bring extra sunscreen to the pool to share with others
18 Call or visit someone whose father has passed away	19 Set up a bird bath	20 Donate to an endangered species charity and display patriotism	21 Leave positive feedback on a store/restaurant survey	22 Hold the door open for others	23 Donate fresh produce to a local food bank	24 Offer a glass of iced tea to a neighbor working in their yard
25 Hand out roses to nursing home residents and staff	26 Leave a bin of sidewalk chalk & invite to draw on your driveway	27 Share info about PTSD treatment online or with someone in need	28 Invite someone to coffee	29 Hand out stickers to kids	30 Spread kindness and positive thoughts on social media	