

August Acts of Kindness Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Participate in a National Night Out event	2 Leave coloring books and crayons in waiting rooms	3 Donate old prescription and reading glasses
4 Invite another family over for game night	5 Leave coupons on store shelves for shoppers	6 Hand out sticks of gum	7 Donate unneeded appliances & electronics	8 Leave zucchini (or zucchini bread) on a neighbor's porch	9 Donate books to the library	10 Smile at everyone you see today
11 Collect broken crayons and repurpose them	12 Leave extra golf balls & tees at a golf course	13 Give a no smudge pen to a lefty	14 Play a game of kickball with neighborhood kids	15 Let someone out of a chore or give a neck massage	16 Tell a funny joke	17 Drop off your plastic bags at a thrift store
18 Plan a romantic evening with your partner	19 Make canned peaches and gift to friends	20 Pick up litter along a waterway	21 Do something kind for a senior citizen	22 Put a nice note in someone's lunch	23 Bring coffee to the office or your child's school	24 Leave positive feedback on a survey
25 Help an elderly neighbor with home repairs	26 Donate dog food and toys to an animal shelter	27 Buy someone a gift "just because"	28 Be kind and patient all day	29 Leave spare change in a vending machine	30 Call or send a card to someone who's suffered a loss	31 Hand out trail mix during snack time