



# July Acts of Kindness Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Leave a small gift in your mailbox for the mail carrier	2 Turn off your cell phone for the entire day	3 Leave out water for animals and birds	4 Hand out small American flags	5 Tell someone's boss that he/she did a good job	6 Vow to only say kind things today
7 Buy something from an independent retailer	8 Organize a neighborhood treasure hunt	9 Give a family member a massage	10 Make 2 casseroles for dinner, one for you + one to give away	11 Call or visit someone who lives alone	12 Surprise someone with a picnic lunch	13 Collect all your spare change and add it to a donation jar
14 Leave a generous tip	15 Fill a box with items you no longer need and donate them	16 Buy ice cream for someone else	17 Leave activity books and crayons in waiting areas	18 Host a free lemonade stand	19 Leave a jar of wishing pennies by a fountain	20 Hand out lollipops to children (w/ parents' permission)
21 Pack lunches and hand out to homeless people	22 Visit a zoo and thank the zookeepers for what they do	23 Tell your parents why you are thankful for them	24 Call your cousins or send them a card	25 Praise a child to his or her parents	26 Send an e-mail to your aunts & uncles	27 Hand out bottles of cold water to outdoor workers
28 Bring extra sunscreen to the pool to share	29 Invite friends over for a BBQ	30 Send a "Thinking of You" card to your father-in-law	31 Visit an animal shelter			

