

May Acts of Kindness Calendar



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|--|--|--|
| | | | 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 | |

