

# September Acts of Kindness Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Donate child safety equipment to a children's shelter	2 Put together a self-care gift basket for a stressed friend	3 Download and share the Baby Safety Month toolkit	4 Leave a thank you note or treat for the newspaper carrier	5 Provide healthy snacks for your child's class	6 Leave a paperback book in a waiting room	7 Send in treats for your child's school's substitute teachers
8 Attend a local Little League game and support the teams	9 Hug 5 people	10 Call your grandparents	11 Observe a moment of silence at 8:46 am EST	12 Offer encouraging words to someone	13 Support or advocate for life skills training and crisis services	14 Donate art supplies to a school or daycare
15 Buy coffee or a cold beverage for a truck driver	16 Pick up litter	17 Visit an assisted living facility & spend time with residents	18 Buy an indoor plant for your workplace or local hospital	19 Call tech support to say thank you	20 Invite neighborhood kids over for a game of tag	21 Stop and thank a security officer for their service
22 Find a way to get around today without a car	23 Deliver a chicken pot pie to a friend in need	24 Buy some local honey to support beekeepers	25 Create two Preparedness Kits (one for you, one to give away)	26 Register to vote and encourage others to do so too	27 Collect cans and recycle them	28 Do something nice for your neighbor
29 Go through old photos and send copies to friends & family	30 Start a pickup game of kickball with other families					

