

APRIL RANDOM ACTS OF KINDNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Gather all your loose change and donate it	2 Choose one way to support Child help	3 Plant flowers in your neighborhood	4 Send in a thank you card/gift to the school librarian
5 Invite someone to Easter brunch or dinner	6 Tape change to a vending machine	7 Bake and deliver a coffee cake to someone	8 Wear a blue ribbon & talk to your kids about safety	9 Show appreciation for a child in a military family	10 Tell your siblings you love them	11 Thank volunteers for their service
12 Leave positive sticky notes in random places	13 Take someone out for lunch	14 Surprise your significant other with date night	15 Surprise an occupational therapist with OT supplies	16 High five 5 people	17 Share the link to free stress-relief books with friends	18 Turn in all of your plastic shopping bags to a recycler
19 Leave kind comments on social media, blogs, or comment cards	20 Pick up litter	21 Hand out copies of (or recite) your favorite poem to others	22 Plant a tree	23 Surprise an administrative professional with a small gift or treat	24 Wear blue & green and sign up to be an organ donor	25 Bake zucchini bread for a friend or neighbor
26 Help build or repair something for someone else	27 Compliment a married couple you admire on their relationship	28 Tell someone why they are your personal superhero	29 Do 3 things to reduce your ecological footprint	30 Adopt a pet or donate items to an animal shelter		