
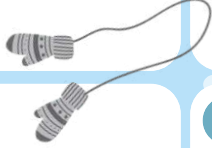
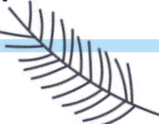










# JANUARY RANDOM ACTS OF KINDNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
let it snow				1 Wish everyone a Happy New Year	2 Collect spare change and leave in a donation box 	3 Let someone go ahead of you in line
4 Bring a big batch of spaghetti to the local fire department 	5 Make or refill a bird feeder	6 Send a snail mail letter to someone	7 Donate blood at the Red Cross	8 Shovel snow for a neighbor	9 Bring hot tea to an outdoor worker 	10 Donate a low-maintenance house plant to a nursing home 
11 Leave positive feedback on a survey at a store	12 Eat lunch with someone new 	13 Give a loved one a back rub	14 Leave unused coupons next to products at the store	15 Donate oatmeal to a food pantry	16 Say "Good Morning" to everyone at the start of the day 	17 Smile at 5 strangers
18 Give up your parking spot or seat	19 Drop off bags of popcorn at a fire station, hospital breakroom, or even a school's teacher's lounge.	20 Donate craft supplies to a school 	21 Hug someone 	22 Use one of your skills to make a gift for someone	23 Deliver a pie to the office staff of your favorite organization	24 Compliment someone 
25 Invite someone to dinner 	26 Leave positive post-it notes in random places	27 Play a game with someone, let them choose the game	28 Bring soup to a friend or neighbor	29 Donate old puzzles to a school or Puzzles to Remember	30 Clean up for someone else	31 Deliver hand-drawn cards to a nursing home or hospital 