

JUNE RANDOM ACTS OF KINDNESS CALENDAR

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
Say something nice to each person you speak to

2
Put away someone else's cart at the store

3
Donate cat food and/or toys to an animal shelter

4
Participate in SAFE day

5
Surprise someone with donuts for breakfast

6
Leave a filled candy dish on someone's desk

7
Leave heads-up pennies on the ground

8
Surprise your best friend with a small gift or treat

9
Hand out popsicles at the playground

10
Leave ballpoint pens in random places where people need them

11
Hand out cold bottled water to someone working outdoors

12
Tape change to a parking meter

13
Weed a neighbor's garden or a common area

14
Let the kids choose what to do today

15
Smile at everyone you see today

16
Leave positive feedback on a store/restaurant survey

17
Bring extra sunscreen to the pool to share with others

18
Leave activity books and crayons in waiting rooms

19
Set up a birdbath

20
Donate to an endangered species charity and display patriotism

21
Call or visit someone whose father has passed away

22
Hold the door open for others

23
Donate fresh produce to a local food bank

24
Offer a glass of iced tea to a neighbor working in their yard

25
Hand out roses to nursing home residents and staff

26
Leave a bin of sidewalk chalk & invite kids to draw on your driveway

27
Share info about PTSD treatment online or with someone in need

28
Invite someone to coffee

29
Hand out stickers to kids

30
Spread kindness and positive thoughts on social media

