






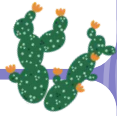




# MAY RANDOM ACTS OF KINDNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>IT'S TIME TO FIESTA</b></p>					<p>1 Send in a treat for the school principal</p>	<p>2 Take a child to get a free comic book</p>
<p>3 Get the Mental Health Month toolkit - share &amp; reach out to others in need</p> 	<p>4 Feed the birds</p>	<p>5 Send in a small gift for your child's teacher</p>	<p>6 Bring treats to a nurses' station at a local hospital</p>	<p>7 Offer to run an errand for someone else</p>	<p>8 Do something nice for a military spouse or simply say "Thank You"</p>	<p>9 Plant wildflowers or native plants in your yard</p>
<p>10 Call or visit someone whose mother has passed away</p>	<p>11 Do something nice for your favorite babysitter</p>	<p>12 Leave funny limericks in random places</p>	<p>13 Fill a candy jar and leave it with a receptionist</p>	 <p>14 Pick up litter</p>	<p>15 Volunteer at or donate to a local nature center, park, or wildlife refuge</p>	 <p>16 Plant or tend to a tree</p>
<p>17 Thank a member of the armed forces</p>	<p>18 Call or visit a relative you don't see often</p>	<p>19 Leave change in a vending machine</p>	<p>20 Download the Red Cross Swim App &amp; encourage others to get it too</p>	<p>21 Leave a generous tip for a waiter or waitress</p>	<p>22 Deliver a thank you card to a nearby EMS station</p>	<p>23 Leave pennies on the ground in random places</p>
<p>24 Hold a neighborhood scavenger hunt</p> 	<p>25 Visit a memorial or wear red poppies</p>	 <p>26 Share photos of missing children on social media</p>	<p>27 Start or donate to a Foster Closet</p> 	<p>28 Help others see the positive all day</p>	<p>29 Bring bottled water to outdoor workers</p> 	<p>30 Find an old photo and share it with friends or family in the picture</p>
<p>31 Surprise your spouse with a lunch date</p>						<p><b>HOLA</b></p>