

SEPTEMBER RANDOM ACTS OF KINDNESS CALENDAR

SUNDAY

hello
FALL

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, a snack, or a small gift for delivery workers

5
Provide healthy snacks for your child's class

6
Leave a paperback book in a waiting room

7
Support or advocate for life skills training and crisis services

8
Visit an assisted living facility & spend time with residents

9
Hug 5 people

10
Send in treats for your child's school's substitute teachers

11
Observe a moment of silence at 8:46 am EST

12
Offer encouraging words to someone

13
Call your grandparents

14
Donate art supplies to a school or daycare

15
Call tech support to say thank you

16
Buy coffee or a cold beverage for a truck driver

17
Attend a local youth football game and support the teams

18
Buy an indoor plant for your workplace or local hospital

19
Pick up litter

20
Stop and thank a security officer for their service

21
Register to vote and encourage others to do so too

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
Start a pickup game of kickball with other families

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
Invite neighborhood kids over for a game of tag