"What wisdom can you find that is greater than kindness?"
– JEAN-JACQUES ROUSSEAU

APRIL 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Sell old items and donate the profits to a good cause. 1	Send a child a book they would enjoy. 2	Plan to become CPR certified this year. 3	Reconnect with a long lost friend or relative. 4
Use reusable grocery bags and hand a few extras out to other shoppers. 5	Start a walking group at work and invite all coworkers to participate. 6	Pay it forward to the next person in line at the movies. 7	Put together a self care basket for a stressed out friend or relative. 8	Replace your light bulbs with energy efficient ones and hand out a few for friends to use. 9	Offer a cup of tea to a neighbor. 10	NATIONAL PET DAY Make homemade treats for your pet. 11
Shop at a local farmer's market. 12	Donate to an endangered species charity. 13	Anonymously pay for someone else's bill at a cafe or restaurant. 14	Place a bird feeder or bird bath in your backyard. 15	HIGH FIVE DAY High five the first five people you see today. 16	Plan a fun date night. 17	Plan to do one thing outside your comfort zone each day this week. 18
Spend today volunteering at a local non-profit organization. 19	Surprise someone with a thoughtful, inexpensive gift. 20	Leave a jar of coins for others to use at a wishing fountain. 21	EARTH DAY Walk or ride a bike to work to help reduce your carbon footprint. 22	Donate interview appropriate clothes for disadvantaged women entering the workplace. 23	Spend the day trying to create positive energy with everything you say and do. 24	Tape coins or hide small toys around a playground for kids to find. 25
Do an act of kindness for someone & encourage them to pay it forward. 26	Collect some umbrellas to hand out to strangers the next time it rains. 27	Plant wildflowers or native plants in your yard. 28	Write a list of five goals you would like to accomplish in your life. 29	Pick up any litter you see on the street on your walk home. 30		