



“A single act of kindness throws out roots in all directions, and the roots spring up and make new trees.”

– AMELIA EARHART

MAY

2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

					Leave a fun surprise or treat in your mailbox for your mail carrier. 1	Send a handwritten letter to someone who's made a difference in your life. 2
Leave small containers of birdseed near a park or lake for people to feed the birds. 3	Put some change in an envelope and tape it to a 25¢ candy vending machine. 4	THANK A TEACHER DAY Thank a teacher who made a positive impact on your life. 5	Put a \$10 or \$20 bill in a book with a note that says, "Great choice! This book is on me!" 6	Donate old blankets, towels and sheets to a local shelter. 7	Make the switch to cruelty-free products. 8	Join a volunteer group. 9
Download a meditation app and try it out tonight before bed. 10	Do something kind for someone you don't particularly like. 11	Find one way to be more involved in your community. 12	Buy someone a gift certificate to their favorite coffee shop. 13	Invite a coworker who you don't know very well out to lunch. 14	FREE DAY! How have you practiced mindfulness this week? 15	When someone leaves an event on their own, text them to make sure they arrived home safe. 16
Do something childlike today such as swing on a playground or ride a roller coaster. 17	Create a photo album of your family for your mother or parent. 18	Cook a meal or do a load of laundry for a friend who's just had a baby. 19	Acknowledge someone with a warm greeting when they walk into the room. 20	Make spa beauty care packages with lotion, nail polish, and nail files for the ladies in your life. 21	Do something kind for someone you don't particularly like. 22	Pay for the toll for the driver behind you. 23
Create encouraging signs to hold up to cheer on your city's marathon runners. 24	Stop and thank an officer or fireman for their service. 25	Send a friend or family member a framed picture of a special moment between you. 26	Send a handwritten letter to someone who's made a difference in your life 27	Go meatless today - lowering our consumption of meat protects animals and our environment. 28	Host a potluck! Invite people to bring a dish from their original or adoptive culture. 29	Mow your neighbors lawn after mowing your own. 30
Have a yard sale and donate the profits to your favorite charity 31						