



“Kindness begins with the understanding that we all struggle.”

– CHARLES GLASSMAN

JUNE

2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Send coloring books, toys, and balloons to a children's hospital. 1	Stop what you're doing for a few minutes to just breathe and appreciate life. 2	Give your subway or bus seat up to someone. 3	Apologize to someone with whom you've had a past conflict. 4	Leave your favorite restaurant or café a glowing review online. 5	Take muffins or cookies to your local librarians. 6
Start a gratitude journal. 7	Spend an afternoon paying a visit to the senior citizens at your local nursing home. 8	Pay for someone's coffee or meal at a drive-thru. 9	Leave bottles of bubbles inside a children's park for them to find with a note that says "FREE BUBBLES." 10	FREE DAY! What is one way you can show courage today? 11	Take tea over to an elderly neighbor and enjoy a short chat. 12	Leave an extra large tip for your server with a note of thanks for their wonderful service. 13
After a wedding or party, donate all of the flowers to a nursing home. 14	Make it a point to listen to others today and don't interrupt. 15	Smile at everyone you see today. 16	Gather some coworkers to help pick up trash in your local park during lunch. 17	Take photos of your friends and make them into a digital album to share with them. 18	Anonymously send dessert to another table. 19	Leave sunscreen bottles and sunglasses at the beach for others to freely use. 20
Set positive intentions for the week. 21	Write your partner a list of things you love about them. 22	Cook an extra portion of dinner (or dessert) for someone who needs it. 23	Become a "Big Brother" or "Big Sister." 24	Write an encouraging letter to a deployed or wounded member of the military through "Operation Gratitude." 25	Take flowers or treats to the nurses' station at your nearest hospital. 26	While you're out, compliment a parent on how well-behaved their child is. 27
Purchase extra dog or cat food and bring it to an animal shelter. 28	Clip or print inspirational news stories to leave in a gathering space and post it on social media. 29					