



“Unexpected kindness is the most powerful, least costly, and most underrated agent of human change.”

– BOB KERREY

# JULY

# 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Send a friend or family member a framed picture of a special moment between you. 1	Participate in a fundraiser. 2	Buy a potted plant. Write positive words that describe a friend on the pot. Give it to that friend! 3	Return shopping carts for people at the grocery store. 4
Bring iced tea to a neighbor mowing their lawn. 5	Leave a thank you note to your office custodians. 6	Offer to help someone who has just endured a major life event or loss. 7	Sign up to read to patients at your local children's hospital. 8	Go to a dog park and pass out dog treats. 9	Turn off devices for the evening. Spend time playing board games, sharing laughs and creating memories. 10	Organize a nature clean up day with friends. 11
Hand out popsicles at the playground. 12	FREE DAY! Find a way to show someone you care today. 13	Use the words "I respect where you're coming from", If you find yourself in a disagreement. 14	Feed birds in the park. 15	Send information regarding upcoming local events which you think a friend or family member might enjoy. 16	Share / re-tweet an 'adopt an animal' post on your social media. 17	Go stargazing in the evening alone or with a friend / partner. 18
Make plans with that person you've been putting off. 19	Buy five single flowers and hand them out to strangers. 20	Give away one of your possessions for free. 21	Place positive quotes on buses, trains, doors, etc. to put a smile on a passersby's face. 22	Surprise your best friend with a small gift or treat. 23	Invite someone you don't know very well to coffee. 24	Have a BBQ and invite friends, family, and neighbors over. 25
Have a clean up party at a beach or park. 26	Compliment someone on an attribute of theirs, not a physical trait or item of clothing. 27	Allow someone to merge into traffic. 28	Plan a neighborhood block party so everyone can get to know one another. 29	Leave snacks such as high energy granola bars in a hospital waiting room. 30	Offer a cold bottle of water to someone working outside in the heat. 31	