



“Kindness is more important than wisdom,
and the recognition of this is the beginning
of wisdom.”

– THEODORE ISAAC RUBIN

SEPTEMBER

2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Participate in a “Pack-A-Backpack” for a child.	Register to vote and encourage others to do so.	Deliver homemade cookies to a friend or neighbor.	Use less plastic and be more conscious about recycling.	Tape bus fare to a bus stop for someone in need.
		1	2	3	4	5
Treat a friend to dinner at a new restaurant in town.	Listen to an inspirational podcast.	FREE DAY! Get creative! Make up your own random act today!	Say hello to a stranger and ask how their day is going.	Collect baby clothes and supplies to donate to new parents who need them.	Host a popcorn and movie night with your friends or family.	Be a tourist in your own city for a day.
6	7	8	9	10	11	12
Make time to meet a new friend or group of friends to widen your social circle.	Volunteer to serve in a soup kitchen.	Visit a nursing home and spend time talking to a resident and listening to their stories.	Help to clean a new mother’s home or bring her groceries to lighten her load.	Carry a stranger’s grocery bags.	Thank a teacher with a gift.	Do a 5k for a good cause.
13	14	15	16	17	18	19
Try a session of acupuncture or get a massage.	INTERNATIONAL DAY OF PEACE Organize a volunteer project or program.	Leave a basket of treats out for the garbage men with a note of gratitude.	Create bookmarks with inspirational messages and hide them in library books for strangers to find.	Invite your coworkers out to happy hour.	Leave unused coupons next to corresponding products in the grocery store.	Pick a street and write “have a great day” message on every driveway in colorful chalk.
20	21	22	23	24	25	26
Pack lunches and hand them out to the homeless in your neighborhood.	GOOD NEIGHBOR DAY Do something nice for your neighbor.	When paying bills, add a fun message along with your payment.	Start a food drive at work.			
27	28	29	30			