

JUNE 2020



RANDOM ACTS OF KINDNESS FOUNDATION™

www.randomactsofkindness.org

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
31	1 Send coloring books, toys, and balloons to a children's hospital.	2 Write your partner a list of things you love about them.	3 Cook an extra portion of dinner (or dessert) for someone who needs it.	4 Write an encouraging letter to a deployed or wounded member of the military through "Operation Gratitude."	5 Clip or print inspirational news stories to leave in a gathering space and post it on social media.	6 Leave sunscreen bottles and sunglasses at the beach for others to freely use.																																																																																																		
7 Set positive intentions for the week.	BEST FRIEND'S DAY 8 Connect with your best friend one way or another today.	9 Start a new book about a topic that is completely new to you.	10 After a wedding or party, donate all of the flowers to a nursing home.	11 Become a "Big Brother" or "Big Sister."	12 Anonymously send dessert to another table.	13 Take photos of your friends and make them into a digital album to share with them.																																																																																																		
14 Make it a point to listen to others today and don't interrupt.	15 Commute to work via bike, public transit or by carpool.	16 Leave an extra large tip for your server with a note of thanks for their wonderful service.	17 Smile at everyone you see today.	18 Gather some coworkers to help pick up trash in your local park during lunch.	19 Take tea over to an elderly neighbor and enjoy a short chat.	20 FREE DAY! What is one way you can show courage today?																																																																																																		
21 Visit your local zoo or aquarium.	22 Leave bottles of bubbles inside a children's park for them to find with a note that says "FREE BUBBLES."	23 Pay for someone's coffee or meal at a drive-thru.	24 Spend an afternoon paying a visit to the senior citizens at your local nursing home.	25 Make an appointment with a financial advisor.	26 Leave your favorite restaurant or café a glowing review online.	27 Apologize to someone with whom you've had a past conflict.																																																																																																		
28 Start a gratitude journal.	29 Give your subway or bus seat up to someone.	30 Stop what you're doing for a few minutes to just breathe and appreciate life.	1	2	<p style="text-align: center;">MAY</p> <table border="1" style="font-size: small;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table> <p style="text-align: center;">JULY</p> <table border="1" style="font-size: small;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>		S	M	T	W	Th	F	Sa						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							S	M	T	W	Th	F	Sa						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						
S	M	T	W	Th	F	Sa																																																																																																		
					1	2																																																																																																		
3	4	5	6	7	8	9																																																																																																		
10	11	12	13	14	15	16																																																																																																		
17	18	19	20	21	22	23																																																																																																		
24	25	26	27	28	29	30																																																																																																		
31																																																																																																								
S	M	T	W	Th	F	Sa																																																																																																		
					1	2																																																																																																		
3	4	5	6	7	8	9																																																																																																		
10	11	12	13	14	15	16																																																																																																		
17	18	19	20	21	22	23																																																																																																		
24	25	26	27	28	29	30																																																																																																		
31																																																																																																								