

OCTOBER 2020



RANDOM ACTS OF KINDNESS FOUNDATION™

www.randomactsofkindness.org

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<p>SEPTEMBER</p> <table border="1"> <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>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td></td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</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				<p>NOVEMBER</p> <table border="1"> <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>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</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						29	30	<p>WORLD VEGETARIAN DAY</p> <p>1</p> <p>Try a meatless meal today.</p>	<p>WORLD SMILE DAY</p> <p>2</p> <p>Smile! ALL. DAY. LONG!</p>	3	<p>FREE DAY! Do something meaningful today.</p>
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<p>WORLD ANIMAL DAY</p> <p>4</p> <p>Find an animal cause you care about and ways you can offer support.</p>	<p>WORLD HABITAT DAY</p> <p>5</p> <p>Become a conscious consumer.</p>	6	7	8	9	10	<p>Mentor someone this month and share your expertise.</p> <p>Join a local group that shares your interests.</p> <p>Treat your partner to a small treat with a note of appreciation for them.</p> <p>Frame an inspiring quote as a gift.</p> <p>Make first aid kits for homeless shelters.</p>																																																																																				
11	12	13	14	15	16	17	<p>Leave an inspiring poem, or painting somewhere in the community for someone to randomly discover.</p> <p>Start a meeting with a round table of celebrations and gratitude.</p> <p>Attend a veteran or homeless person's funeral who does not have family.</p> <p>Participate in the cleanup of a local river, pond, or lake.</p> <p>Compliment a parent on their child's good behavior.</p> <p>Start a butterfly garden in your community.</p> <p>Listen to an inspirational TED talk.</p>																																																																																				
18	19	20	21	22	23	24	<p>Bring your partner breakfast in bed.</p> <p>Leave uncarved pumpkins on a family's doorstep along with kid friendly tools for carving.</p> <p>Send a family photo to your parents or grandparents.</p> <p>Share your favorite Fall recipe with friends.</p> <p>Surprise someone with a thoughtful, inexpensive gift.</p> <p>Leave a \$5 bill on a Red Box with a note "some snacks on me" for the next person who rents a video or game.</p> <p>Buy a round of drinks at the bar.</p>																																																																																				
25	26	27	28	29	30	31	<p>Plan a spontaneous date with your partner, doing things you both love.</p> <p>Leave a basket of food for a family who is struggling financially.</p> <p>Purchase from the free service, igive.com, to have a small donation made to your favorite charity.</p> <p>When you see a flustered parent in a coffee or ice cream shop, purchase their order and turn their day around.</p> <p>Publicly praise someone for their valued work.</p> <p>Bring workers out in the cold or the homeless some hand warmers.</p> <p>Share treats with whoever you spend today with.</p>																																																																																				