### APRIL 2021

**SUN** | **MON** | **TUE** | **WED** | **THU** | **FRI** | **SAT**
---|---|---|---|---|---|---
**MARCH** | **MAY** | **30** | **31** | **1** | **2** | **3**
28 | 1 | 2 | 3 | 4 | 5 | 6
25 | 6 | 7 | 8 | 9 | 10 | 11
22 | 12 | 13 | 14 | 15 | 16 | 17
19 | 18 | 19 | 20 | 21 | 22 | 23
16 | 24 | 25 | 26 | 27 | 28 | 29
13 | 30 | 31 | 1 | 2 | 3 | 4

**EASTER** 4 | Leave an inspiring book with a note to pass it on. | 5 | Reduce your carbon footprint! Walk or bike. | 6 | Gift a loved one a scrap book of shared memories. | 7 | Spend the afternoon going to the zoo with the children in your life. | 8 | **FREE DAY!** Find a way to show someone you care. | 9 | 10

**NATIONAL PET DAY** 11 | Buy your pet a new toy or treat. | 12 | Become a “Big Brother” or “Big Sister”. | 13 | Write a letter to your younger self and forgive past regrets. | 14 | Call a friend and make them laugh out loud. | 15 | Listen to an upbeat playlist while getting ready or during your commute. | 16 | Invite a neighbor over for dinner. | 17 | Learn something new. Take a dance or exercise class.

**APRIL FOOL’S DAY** 1 | Pull a fun (kind) April Fool’s Day prank on someone by leaving a whole watermelon or other fruit on someone’s desk or porch and never tell them you did it. | 2 | Plant a tree in memory of someone. | 3 | Knit something for someone to cherish. | 4 | **SIBLINGS DAY**

**Set positive intentions for the week.** | 5 | **Leave an inspiring book with a note to pass it on.** | 6 | **Reduce your carbon footprint! Walk or bike.** | 7 | **Gift a loved one a scrap book of shared memories.** | 8 | **Spend the afternoon going to the zoo with the children in your life.** | 9 | **Call or text your siblings and let them know how much you love and appreciate them.**

**Buy your pet a new toy or treat.** | 10 | **Get up early to appreciate the sunrise.** | 11 | **Send a friend a book or playlist you think they would enjoy.** | 12 | **Enjoy a pot of tea with a friend over a long chat.** | 13 | **Refrain from complaining today.** | 14 | **Participate in the cleanup of a local river, pond, or lake.** | 15 | **Arrange a romantic date night with your partner.** | 16 | **Treat yourself to a bubble bath surrounded by candles and relaxing music.**

**Sell old items online and donate the profits to a good cause.** | 17 | **Become an organ donor.** | 18 | **Encourage someone to pursue their dreams and offer help to achieve their goals.** | 19 | **Thank a veteran by donating to a worthy veterans cause or lend a hand in a VA hospital.** | 20 | **Babysit, dog sit, or cat sit for free.** | 21 | **Be honest with yourself and others today.** | 22 | **Visit www.randomactsofkindness.org for more kindness ideas.**

** целенаправленные действия на неделю.** | 23 | **Помогите человеку, который вам доверяет, в его целях.** | 24 | **Дарите любимому человеку альбом со спасительными воспоминаниями.** | 25 | **Займитесь уборкой в своем районе.** | 26 | **Поделитесь с друзьями позитивными мыслями и идите вперед.** | 27 | **Займитесь красивой растительностью.** | 28 | **Возьмите в руки старые вещи и продайте их в интернете, чтобы привлечь внимание к благотворительности.** | 29 | **Будьте честными с собой и людьми вокруг.** | 30 | **Один из самых приятных способов не затрачивать деньги.**

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