<table>
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<tr>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
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<td>SEPTEMBER</td>
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<td>30</td>
<td>NATIONAL COFFEE DAY</td>
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<tr>
<td>Enjoy your favorite cup of coffee.</td>
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<tr>
<td>FREE DAY! Do something creative today.</td>
<td>Make first aid kits for shelters.</td>
<td>Foster animals that the shelters do not have space for.</td>
<td>Help a friend on their moving day.</td>
<td>Listen to an inspirational TED talk.</td>
<td>Donate new stuffed animals and toys to charities or shelters for children to enjoy.</td>
<td>Wake up early to appreciate the sunrise.</td>
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<td>HALLOWEEN</td>
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<td>Paint positive messages on pumpkins and leave around the community.</td>
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Visit www.randomactsofkindness.org for more kindness ideas.