

APRIL 2020



RANDOM ACTS OF KINDNESS FOUNDATION™

www.randomactsofkindness.org

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																											
<p>MARCH</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>31</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					<p>MAY</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></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							31	1	2	3	4
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																																																																																																	
		Pick up any litter you see on the street on your walk home.		Collect some umbrellas to hand out to strangers the next time it rains.	Write a list of five goals you would like to accomplish in your life.	Do an act of kindness for someone & encourage them to pay it forward.																																																																																											
5	6	7	8	9	10	11																																																																																											
Plant wildflowers or native plants in your yard.	Tape coins or hide small toys around a playground for kids to find.	Spend the day trying to create positive energy with everything you say and do.	Spend today volunteering at a local non-profit organization.	Donate interview appropriate clothes for disadvantaged women entering the workplace at bkind.ly/dress	Plan a fun date night.	NATIONAL PET DAY Share a picture of your pet.																																																																																											
12	13	14	15	16	17	18																																																																																											
Plan to do one thing outside your comfort zone each day this week.	Put together a self care basket for a stressed out friend or relative.	Place positive body image quotes in jean pockets at a department store.	Leave a jar of coins for others to use at a wishing fountain.	HIGH FIVE DAY High five the first five people you see today.	Surprise someone with a thoughtful, inexpensive gift.	Place a bird feeder or bird bath in your backyard.																																																																																											
19	20	21	22	23	24	25																																																																																											
Shop at a local farmer's market.	Anonymously pay for someone else's bill at a cafe or restaurant.	Donate to an endangered species charity.	EARTH DAY Walk or ride a bike to work to help reduce your carbon footprint.	Sell old items and donate the profits to a good cause.	Send a child a comic book they would enjoy.	Reconnect with a long lost friend or relative.																																																																																											
26	27	28	29	30	1	2																																																																																											
Use reusable grocery bags and hand a few extras out to other shoppers.	Start a walking group at work and invite all coworkers to participate.	Pay it forward to the next person in line at the movies.	Replace your light bulbs with energy efficient ones and hand out a few for friends to use.	Offer a glass of ice tea to a neighbor working in their yard.																																																																																													