

April

Acts of Kindness

| S | M | T | W | T | F | S |
|---|--|---|--|---|---|---|
| 29 Ordinary & Happy | 30 | 31 | 1 Bring coffee or snacks to work. | 2 Give up your seat on public transport to someone else. | 3 Send a kind message to a friend. | 4 Message loved ones you're not celebrating Easter with in-person. |
| 5 Host an Easter potluck (or bring food to one). | 6 Ask friends and family if they need help with anything. | 7 Write an uplifting comment on a friend's post. | 8 Help a coworker with a project (if they need it). | 9 Let someone go ahead of you in line at the store. | 10 Donate books to your local library. | 11 Get coffee for the next person in line after you. |
| 12 Volunteer at a shelter. | 13 Message a parent. | 14 Send an inspirational message to a friend. | 15 Give someone a book you've read and enjoyed. | 16 Send a thank you email to someone who has helped you. | 17 Send someone a care package. | 18 Donate clothes you don't need. |
| 19 Run an errand for a loved one. | 20 Message a grandparent. | 21 Say 5 positive things to people today. | 22 Send something uplifting to a friend group chat. | 23 Take a friend to the movie theater. | 24 Send someone a bouquet of flowers. | 25 Plan a family board game night. |
| 26 Participate in a beach or park clean-up. | 27 Make an extra batch of cookies for a neighbor or a friend. | 28 Hold the door open for someone. | 29 Make dinner for a friend or family member. | 30 Do something kind for yourself. | 1 | 2 |