



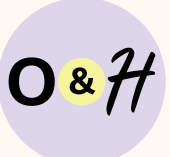


Acts of Kindness This June

S	M	T	W	T	F	S
30 	1 Make a list of things you can easily do that would help others.	2 Take cookies or cupcakes to work.	3 Send thank-you messages to three people in your life.	4 Reach out to a friend who needs someone.	5 Send a postcard to family or friends who don't live in the same city as you.	6 Offer to mow an elderly neighbor's lawn.
7 Put together a gift basket for someone.	8 Try to smile more today.	9 Compliment at least one person today.	10 Get coffee for a coworker or a friend.	11 Talk to at least one new person today.	12 Listen to people without interrupting.	13 Volunteer for a local charity.
14 Volunteer as a tutor or mentor.	15 Say 'thank you' to people today.	16 Let someone go ahead of you in line.	17 Share your favorite uplifting movies or books with a friend.	18 Offer to help a friend with something they need.	19 Send a friend a gift card just because.	20 Offer to babysit for a friend or family member.
21 Host a BBQ for family/friends for Father's Day.	22 Send a loved one an encouraging message today.	23 Do something kind for yourself today.	24 Make an uplifting playlist for a friend going through a difficult time.	25 Walk a neighbor's dog (if they need help).	26 Take some baked goods to an elderly neighbor.	27 Plan a brunch or get-together with friends.
28 Participate in a beach or park clean-up day.	29 Put together a care package for someone.	30 Donate things you no longer need.	1 	2 	3 	4  Ordinary & Happy