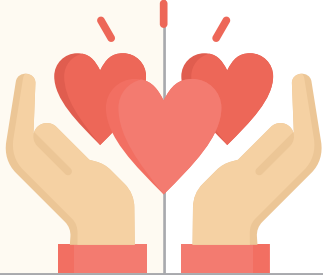
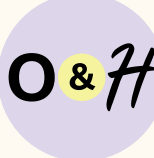


# Morning Acts of Kindness for September

| S                                                                                              | M                                                                | T                                                                             | W                                                                                       | T                                                                         | F                                                                   | S                                                                                                                                                                       |
|------------------------------------------------------------------------------------------------|------------------------------------------------------------------|-------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------------|---------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>30</b><br> | <b>31</b>                                                        | <b>1</b> Send a 'hope everyone is well, we got this' message to a group chat. | <b>2</b> Compliment someone for the work they've done this week.                        | <b>3</b> Send an encouraging message to a friend or family member.        | <b>4</b> Thank a teacher online or in-person.                       | <b>5</b> Wish someone a good morning.                                                                                                                                   |
| <b>6</b> Tell a loved one that whatever today brings, they got this.                           | <b>7</b> Invite friends over for a casual Labor Day celebration. | <b>8</b> Make breakfast for the family.                                       | <b>9</b> If possible, offer to carpool once a week (e.g., work, school).                | <b>10</b> If someone at home is rushing, ask how you can help.            | <b>11</b> Thank a first responder online or in-person.              | <b>12</b> Thank a cashier or barista.                                                                                                                                   |
| <b>13</b> Send a check-in message to a grandparent or another family member.                   | <b>14</b> Let someone merge in traffic.                          | <b>15</b> Compliment someone who's made an effort.                            | <b>16</b> Message someone who never puts themselves first that you're thinking of them. | <b>17</b> Message a parent or family member a 'have a great day' message. | <b>18</b> Offer to get someone at home a cup of coffee or tea.      | <b>19</b> Share an encouraging morning message online.                                                                                                                  |
| <b>20</b> Check in on a friend you haven't talked to much recently.                            | <b>21</b> Smile and say hello to a neighbor.                     | <b>22</b> Send a summer photo memory to someone you saw over summer.          | <b>23</b> Bring something to work to share with everyone.                               | <b>24</b> Share something useful with someone who needs it.               | <b>25</b> Ask someone what they're looking forward to this weekend. | <b>26</b> Suggest a group activity in a friend group chat.                                                                                                              |
| <b>27</b> Message someone 'no need to reply, just hope you're well'.                           | <b>28</b> Put an uplifting note on the refrigerator door.        | <b>29</b> Say 'hi' to someone on your commute.                                | <b>30</b> Send a 'hope you had a great month' message to someone.                       | <b>1</b>                                                                  | <b>2</b>                                                            | <b>3</b> <div data-bbox="1386 1753 1570 1984">  <p>Ordinary &amp; Happy</p> </div> |