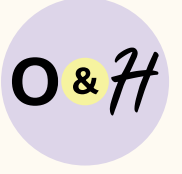
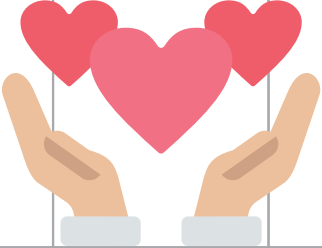


Acts of Kindness for October

S	M	T	W	T	F	S
27  Ordinary & Happy	28	29 	30 	1 Bring coffee or snacks to work.	2 Encourage a friend to pursue their dreams.	3 Offer to go for a walk with someone to talk about whatever they like.
4 Donate towels and blankets to an animal shelter.	5 Share an encouraging 'thank you' message to teachers online.	6 Ask someone if they'd like to join you for lunch.	7 If possible, organize a neighborhood walk for National Walk to School Day.	8 Check in on a friend you haven't heard from in a while.	9 Thank the mail carrier and wish them a happy day.	10 Organize a group neighborhood walk, or ask online if anyone wants to walk with you.
11 Reach out to someone who inspired you.	12 Volunteer at a community garden.	13 Share a STEM resource online for Ada Lovelace Day.	14 Take a loved one out for coffee or dessert.	15 Light a candle at 7pm for the Wave of Light.	16 Donate canned goods to a food bank.	17 Leave an encouraging note for a friend or loved one.
18 Bake cupcakes for a group or local community.	19 Send a message to a friend group chat telling them you're grateful for them.	20 Get lunch at a family-owned cafe or restaurant.	21 If you have an apple tree, offer apples to a neighbor or people in a group chat.	22 Start a conversation with someone who's quieter at work.	23 Ask a friend if they want to talk about anything.	24 Share a heartfelt song with a loved one.
25 Reminisce about a past Halloween with someone.	26 Decorate a pumpkin with someone.	27 Say something kind or encouraging to someone today.	28 Thank a first responder online or in-person.	29 Organize a video call with family you've haven't seen for a while.	30 Encourage friends online to share their favorite Halloween memories.	31 Have a bowl of candy ready for trick-or-treaters.