

# MAY 2018

## MONDAY



## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

## SUNDAY

<p><b>7</b></p> <p>Write a letter of appreciation to a teacher or mentor in your life</p>	<p><b>1</b></p> <p>Practice self-kindness and spend 30min doing something creative or productive today</p>	<p><b>2</b></p> <p>Write to or visit a former teacher that impacted you</p> <p><b>Thank A Teacher Day</b></p>	<p><b>3</b></p> <p>Put a plant in a pot that has positive words that describe a friend written on it &amp; give it to them</p>	<p><b>4</b></p> <p>Share a recipe you love with a friend via email or post on social media</p>	<p><b>5</b></p> <p>Send a dessert to another family while out to eat</p> <p><b>Cinco de Mayo</b></p>	<p><b>6</b></p> <p>Carry a \$5 gift card with you to hand out to a random person</p>
<p><b>14</b></p> <p>Leave a note on someone's car telling them how awesome they parked</p>	<p><b>8</b></p> <p>Put treats or fun notes in your local school's teacher mailboxes</p>	<p><b>9</b></p> <p>Bring flowers or coffee to a teacher</p>	<p><b>10</b></p> <p>Donate to a classroom on <a href="http://DonorsChoose.org">DonorsChoose.org</a></p>	<p><b>11</b></p> <p>Buy a bouquet of flowers and give them to women walking down the street</p>	<p><b>12</b></p> <p>Host a clean up party at a beach or park</p>	<p><b>13</b></p> <p>Give / send your mom a handmade card and flowers</p> <p><b>Mother's Day</b></p>
<p><b>21</b></p> <p>Each day this week, think of a random person and send them a positive text message</p>	<p><b>15</b></p> <p>Say hi to someone on an elevator or in a stairwell</p>	<p><b>16</b></p> <p>Offer to wash someone's car for free</p>	<p><b>17</b></p> <p>Drink (at least) 8 cups of water today</p>	<p><b>18</b></p> <p>Add an item to your shopping cart for someone in need</p>	<p><b>19</b></p> <p>Treat yourself to a massage or other spa treatment</p>	<p><b>20</b></p> <p>Help someone with their groceries or bags</p>
<p><b>28</b></p> <p>Make more of an effort than usual to be cheerful today</p>	<p><b>22</b></p> <p>Decorate tissue boxes to donate to the nurses station at your local hospital</p>	<p><b>23</b></p> <p>Follow @RAKFoundation on Instagram to kindify your social media feed</p>	<p><b>24</b></p> <p>Make a get well soon card for someone you know who is sick</p>	<p><b>25</b></p> <p>Include someone new</p>	<p><b>26</b></p> <p>Enjoy a popcorn and movie night with your friends or family</p>	<p><b>27</b></p> <p>Acknowledge the cashier helping you and ask them a genuine question</p>
<p><b>29</b></p> <p>Lend a helping hand in any way that you can</p>	<p><b>30</b></p> <p>Find a new book to read</p>	<p><b>31</b></p> <p>Start a "kindness file" on your computer to hold all your favorite kindness ideas</p>				

KIND ACTS COMPLETED: \_\_\_\_ / 31

