

MAY 2018

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1
Practice self-kindness and spend 30min doing something creative or productive today

2
Write to or visit a former teacher that impacted you
Thank A Teacher Day

3
Put a plant in a pot that has positive words that describe a friend written on it & give it to them

4
Share a recipe you love with a friend via email or post on social media

5
Send a dessert to another family while out to eat
Cinco de Mayo

6
Carry a \$5 gift card with you to hand out to a random person



7
Write a letter of appreciation to a teacher or mentor in your life

8
Put treats or fun notes in your local school's teacher mailboxes

9
Bring flowers or coffee to a teacher

10
Donate to a classroom on DonorsChoose.org

11
Buy a bouquet of flowers and give them to women walking down the street

12
Host a clean up party at a beach or park

13
Give / send your mom a handmade card and flowers
Mother's Day



14
Leave a note on someone's car telling them how awesome they parked

15
Say hi to someone on an elevator or in a stairwell

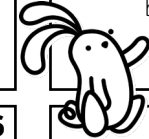
16
Offer to wash someone's car for free

17
Drink (at least) 8 cups of water today

18
Add an item to your shopping cart for someone in need

19
Treat yourself to a massage or other spa treatment

20
Help someone with their groceries or bags



21
Each day this week, think of a random person and send them a positive text message

22
Decorate tissue boxes to donate to the nurses station at your local hospital

23
Follow @RAKFoundation on Instagram to kindify your social media feed

24
Make a get well soon card for someone you know who is sick

25
Include someone new

26
Enjoy a popcorn and movie night with your friends or family

27
Acknowledge the cashier helping you and ask them a genuine question



28
Make more of an effort than usual to be cheerful today

29
Lend a helping hand in any way that you can

30
Find a new book to read

31
Start a "kindness file" on your computer to hold all your favorite kindness ideas



KIND ACTS COMPLETED: ____ / 31