

# Random Acts of Kindness

April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>April Fool's Day</b> 1 Mow the lawn for an elderly neighbor.	<b>Children's Book Day</b> 2 Read to your siblings or pets.	3 Invite someone new to play with you at	4 Donate canned goods to a local food pantry.	<b>International Golden Rule Day</b> 5 Follow the Golden Rule all day today.	6 Pick up litter on the beach.
<b>World Health Day</b> 7 Get some healthy exercise.	8 Help a younger sibling with their homework.	9 Hold the door open for someone.	<b>National Sibling Day</b> 10 Play a game with your siblings.	11 Say "Good Morning" to everyone you see today.	12 Leave a coloring book and crayons in the doctor's waiting room.	13 Donate unused toys to a homeless shelter.
14 Help an adult cook a meal.	15 Buy someone a snack today.	16 Let someone go ahead of you in line.	17 Say "thank you" to your teachers.	18 Pack your own healthy lunch.	19 Take a walk with your family after dinner.	<b>Volunteer Recognition Day</b> 20 Bake muffins for local volunteers.
21 Tell your best friend that you appreciate them.	<b>Earth Day</b> 22 Bring recyclables to a local recycling center.	23 Pack a sibling's lunch with their favorite healthy foods.	24 Bake cookies for your family.	<b>Take Your Kids to Work Day</b> 25 Visit work w/ an adult.	26 Plant flowers where others can enjoy them.	<b>Tell a Story Day</b> 27 Write a story and share it.
28 Bring an extra snack in your lunch to share with someone.	29 Write letters of encouragement and hide them around	30 Eat lunch with someone new.				

