

Random Acts of Kindness

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Leave \$1 bills around a dollar store (don't forget the toy section)	2 Leave diapers and wipes at a changing station in a store	3 Tape quarters to a kids' ride outside of a store	4 Tape money for a kids' meal in the rest room at a kid friendly restaurant
5 Give a grocery store gift card to a single mom	6 Give a gas gift card to a working mom	7 Compliment a moms' outfit	8 Introduce yourself to a new mom at a recital or practice	9 Let a tired mom go ahead of you in line	10 Pay for a moms' pedicure or manicure	11 Offer a mom a free night of babysitting
12 Offer to take her child to practice when she is busy	13 Offer to take her kids to the park when you take your own kids	14 Donate baby supplies to a pregnancy center	15 Donate baby clothes to a homeless shelter	16 Tape a bag of change to a machine at the laundromat	17 Buy and deliver a meal for the family	18 Leave coupons for baby/children's items in an empty grocery cart.
19 Send a mom flowers or bake her favorite cookies for her	20 Put dollar bills in a Redbox movie for snacks	21 Tell a mom you don't know how well behaved her children are	22 Give her a gift card to a local kid friendly dessert place	23 Wash her car	24 Offer to help clean her house	25 Offer to do chores around her house
26 Call her to see if she needs anything from the grocery store	27 Offer to pay for her coffee	28 Give her a restaurant gift card	29 Write a thank you note to tell her how important she is	30 Help her kids with their homework		

