

MAY 2022



Random Acts of Kindness Calendar

1 Leave a thank you note and treats in the mailbox for the mail carrier.	2 Leave a generous tip for your server.	3 Leave a coloring book and a small box of crayons at the doctor's office.	4 Greet a stranger and smile.	5 Give someone a compliment.	6 Donate blood.	7 Send flowers to someone anonymously.
8 Volunteer somewhere-soup kitchen, shelter, etc.	9 Send a care package to a soldier, missionary, or college student.	10 Pick up trash off the street.	11 Let someone go in front of you in store or on road.	12 Send a real card & letter to a friend or family member.	13 Sponsor a child in a developing country.	14 E-mail an old teacher who made a difference in your life.
15 Plant a tree.	16 Check in on an elderly neighbor.	17 Donate food to a food pantry.	18 Write positive chalk messages on the sidewalk.	19 Put quarters on washer/dryer at laundromat.	20 Buy balloons and hand them out to kids in a store.	21 Leave sticky notes on a public bathroom mirror telling people to have a great day.
22 Leave coupons you don't need on top of the products at the store.	23 Clean the beach or a local park.	24 Leave bubbles on someone's doorstep.	25 Buy dessert for someone at a restaurant anonymously.	26 Bring dog/cat food and towels to local animal shelter.	27 Give a lottery ticket to a stranger.	28 Pass out stickers to kids waiting in line.
29 Say "Good morning" to strangers in the elevator.	30 Buy a dozen flowers and hand them out to random people.	31 Hold the door for someone.	Alternative Buy a gift card to a store and hand it to stranger.	Alternative Tell someone in dressing room that outfit looks nice.	Alternative Help someone with their grocery bags.	Alternative Tuck a few dollars or Starbucks gift card into a book at the bookstore.