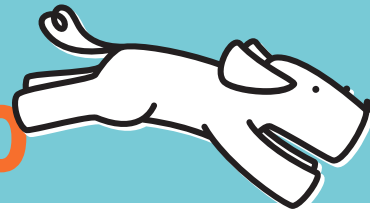


# JANUARY 2020

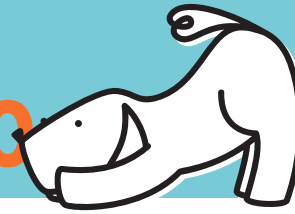


## RANDOM ACTS OF KINDNESS FOUNDATION™

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<p>5</p> <p>Wake up early to appreciate the sunrise.</p>	<p>6</p> <p>Surprise the office with delicious donuts or cupcakes.</p>	<p>7</p> <p>Check in on an elderly neighbor and/or assist them with errands / grocery shopping.</p>	<p>8</p> <p>Join the "You Matter Marathon" and pass your "You Matter" cards along to strangers, or leave in public places: <a href="http://bkind.ly/you-matter">bkind.ly/you-matter</a></p>	<p>9</p> <p>Place some painted, colorful rocks with positive/inspiring messages throughout your community.</p>	<p>10</p> <p>Plan to run or walk a 5K for a good cause.</p>	<p>11</p> <p><b>FREE DAY!</b> Find a way to show someone you care.</p>																																																																																				
<p>12</p> <p>Plan one big new adventure this year; go skydiving, swim with the dolphins, etc.</p>	<p>13</p> <p>Send cheerful cards to lonely seniors: <a href="http://bkind.ly/cards">bkind.ly/cards</a></p>	<p>14</p> <p>Help a neighbor shovel snow or with a household chore.</p>	<p>15</p> <p>Make an appointment for a checkup with your doctor and / or dentist.</p>	<p>16</p> <p>Contribute a small sum of money to grant a wish of a foster youth: <a href="http://bkind.ly/wish">bkind.ly/wish</a></p>	<p>17</p> <p>Invite your neighbors over for dinner.</p>	<p>18</p> <p>Tap into your creative side! Write, paint, sing or dance.</p>																																																																																				
<p>19</p> <p>Treat yourself to a bubble bath surrounded by candles and relaxing music.</p>	<p>20</p> <p>Expand your mind. Sign up for a free class or workshop to learn something new.</p>	<p>21</p> <p>Send a friend a book or playlist you think they would enjoy.</p>	<p>22</p> <p>Leave a cheerful, inspiring note on three random cars.</p>	<p>23</p> <p>Plan in your mind what your perfect day would be and then live it.</p>	<p>NATIONAL COMPLIMENT DAY 24</p> <p>Compliment the first three people you see today.</p>	<p>25</p> <p>Babysit, dog sit, or cat sit for free.</p>																																																																																				
<p>26</p> <p>Find time to read an inspiring book.</p>	<p>27</p> <p>Share your expertise and mentor someone.</p>	<p>28</p> <p>Write a letter to your younger self and forgive past regrets.</p>	<p>29</p> <p>Plan a neighborhood clean up day with neighbors to pick up litter.</p>	<p>30</p> <p>Send an unexpected, handwritten postcard or letter to a loved one.</p>	<p>31</p> <p>Offer hot chocolate to crossing guards, police officers or others who work in cold environments.</p>	<p>1</p>																																																																																				

# FEBRUARY 2020



**RANDOM ACTS OF KINDNESS  
FOUNDATION**

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Practice a moment of self-reflection today.	Write encouraging letters to strangers who need them. "More Love Letters" provides a list. <a href="http://bkind.ly/letters">bkind.ly/letters</a>	Lend a helping hand when you see someone struggling with a heavy load.	Play Cupid—introduce two single people who you think would make a great match.	Create a care bag for a homeless person with some gloves, scarf, treats, hygiene products and a Walmart gift card.	SEND A CARD TO A FRIEND DAY  Send a card to a friend you've been thinking about.	Plant a tree in memory of someone.  Learn something new. Take a dance or exercise class.																																																																																				
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Organize a party with friends or family.	Write a letter to yourself at <a href="http://futureme.org">futureme.org</a> about your positive attributes to read at a later date.	Participate in a coat drive and put encouraging notes in the coat pockets.	Surprise someone with an unexpected gift left outside their door.	Give your partner something thoughtful such as a compilation of their favorite songs.	Send flowers and candy to a nursing home or someone who is alone.	Transform your living space into a welcoming haven.																																																																																				
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RANDOM ACTS OF KINDNESS DAY	RAK DAY		RAK WEEK	LOVE YOUR PET DAY																																																																																						
Follow @RAKFoundation on Instagram to kindify your feed.	Help a teacher get the supplies needed for class at <a href="http://bkind.ly/supplies">bkind.ly/supplies</a> .	Thank a veteran by donating to a worthy veterans cause or lend a hand in a VA hospital.	Buy lottery tickets and pass them out to strangers.	Give your pet extra attention today.	Put a filled cookie jar in your work kitchen for coworkers to enjoy.	Refrain from complaining for a week.																																																																																				
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<b>FREE DAY!</b> Find a way to show compassion today.	Encourage someone to pursue their dreams and offer help to achieve their goals.	Hold a Teddy Bear drive and then donate the bears to hospitals, police stations or fire departments for children.	Plan to attend a cultural event in your community.	Silence any negative thoughts, self doubt or judgments today.	Hide money in random places for strangers to find.	Take the children in your life out for fun afternoon. Bring them to the zoo or to park or out for ice cream.																																																																																				

# MARCH 2020



## RANDOM ACTS OF KINDNESS FOUNDATION™

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1 Help your children, nieces or nephews with their homework.	2 Make a donation to a global charity of your choice at: <a href="http://bkind.ly/giving">bkind.ly/giving</a> .	3 Make a purchase from a local business.	4 Take fresh baked goods to a police or fire station with a note of thanks for their service.	5 Find a weekend event that supports your passion.	6 Create a poster with an uplifting saying and post it in a public space.	7 <b>FREE DAY!</b> Live your passion!																																																																																																		
INTERNATIONAL WOMEN'S DAY 8 Share a post about an influential woman in your life.	9 Everyone is important. Learn the names of your receptionist, security guard and custodians.	10 Slip a \$10 bill in with a box of diapers and leave it at a baby changing station.	11 Plan to become CPR certified this year.	12 Publicly acknowledge and/or praise someone who deserve the attention but rarely receives it.	13 Share your favorite song with your social media community.	14 Take today to kick back, relax and reflect on what's really important in life.																																																																																																		
15 If allowed, schedule a time to bring your dog to your local children's hospital or nursing home for a visit to lift spirits.	16 Share your career goals with your boss or a colleague.	17 Change three small things about your routine that will help the environment.	18 Send a college student you know a care package.	19 Create a kindness idea basket for coworkers to add to and grab ideas from.	INTERNATIONAL DAY OF HAPPINESS 20 Spend the day doing what makes you happy.	21 Compliment three strangers today.																																																																																																		
22 Participate in a community fundraiser.	23 Make a bucket list and start by completing one thing on it by the end of this week.	24 Learn to say hello or thank you in a coworker's or friend's native language.	25 Leave a flower on someone's desk, windshield, or in their mailbox.	26 Make a conscious effort to avoid judging others today.	27 Stay a little later to assist a coworker with their workload.	28 Donate gently worn clothes to your local thrift store.																																																																																																		
29 Send someone who is sick some chicken soup and a get well card.	30 Listen to an upbeat playlist while you're getting ready or on your commute to work.	31 Treat your server to a dessert as a surprise.	1	2	<table border="0"> <tr> <td colspan="7">FEBRUARY</td> <td colspan="7">APRIL</td> </tr> <tr> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td> </tr> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td>1</td> <td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td> </tr> <tr> <td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td> <td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td> </tr> <tr> <td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td> <td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td> </tr> <tr> <td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td> <td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td> </tr> <tr> <td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td> <td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td> </tr> </table>		FEBRUARY							APRIL							S	M	T	W	Th	F	Sa	S	M	T	W	Th	F	Sa							1				1	2	3	4	2	3	4	5	6	7	8	5	6	7	8	9	10	11	9	10	11	12	13	14	15	12	13	14	15	16	17	18	16	17	18	19	20	21	22	19	20	21	22	23	24	25	23	24	25	26	27	28	29	26	27	28	29	30		
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# APRIL 2020



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		Pick up any litter you see on the street on your walk home.		Collect some umbrellas to hand out to strangers the next time it rains.	Write a list of five goals you would like to accomplish in your life.	Do an act of kindness for someone & encourage them to pay it forward.																																																																																											
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Plant wildflowers or native plants in your yard.	Tape coins or hide small toys around a playground for kids to find.	Spend the day trying to create positive energy with everything you say and do.	Spend today volunteering at a local non-profit organization.	Donate interview appropriate clothes for disadvantaged women entering the workplace at <a href="http://bkind.ly/dress">bkind.ly/dress</a>	Plan a fun date night.	NATIONAL PET DAY Share a picture of your pet.																																																																																											
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Plan to do one thing outside your comfort zone each day this week.	Put together a self care basket for a stressed out friend or relative.	Place positive body image quotes in jean pockets at a department store.	Leave a jar of coins for others to use at a wishing fountain.	HIGH FIVE DAY High five the first five people you see today.	Surprise someone with a thoughtful, inexpensive gift.	Place a bird feeder or bird bath in your backyard.																																																																																											
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Shop at a local farmer's market.	Anonymously pay for someone else's bill at a cafe or restaurant.	Donate to an endangered species charity.	EARTH DAY Walk or ride a bike to work to help reduce your carbon footprint.	Sell old items and donate the profits to a good cause.	Send a child a comic book they would enjoy.	Reconnect with a long lost friend or relative.																																																																																											
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Use reusable grocery bags and hand a few extras out to other shoppers.	Start a walking group at work and invite all coworkers to participate.	Pay it forward to the next person in line at the movies.	Replace your light bulbs with energy efficient ones and hand out a few for friends to use.	Offer a glass of ice tea to a neighbor working in their yard.																																																																																													

# MAY 2020



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3 Download a meditation app and try it out tonight before bed.	4 Send a friend or family member a framed picture of a special moment between you both.	5 THANK A TEACHER DAY Thank a teacher who made a positive impact on your life.	6 Make a small loan to low-income entrepreneurs and students in over 80 countries at <a href="http://bkind.ly/kiva">bkind.ly/kiva</a> .	7 Acknowledge someone with a smile or warm greeting when they walk into the room .	8 Cook a meal or do a load of laundry for a friend who's just had a baby.	9 Host a potluck! Invite people to bring a dish from their original or adoptive culture.																																																																																				
10 Create a photo album of your family for your mother or parent.	11 Invite a coworker who you don't know very well out to lunch.	12 Buy someone a gift certificate to their favorite coffee shop.	13 Find one way to be more involved in your community.	14 Create encouraging signs to hold up to cheer on your city's marathon runners.	15 Do something kind for someone you don't particularly like.	16 When someone leaves a party or event on their own, text them to make sure they arrived home safe.																																																																																				
17 Do something childlike today such as swing on a playground or ride a roller coaster.	18 Participate in a "Pack-A-Backpack" for a child.	19 Stop and thank an officer or fireman for their service.	20 Join a volunteer group.	21 Pay for the toll for the driver behind you.	22 Leave small containers of birdseed near a park or lake for other people to feed the birds.	23 Put some change in an envelope and tape it to a 25¢ candy vending machine.																																																																																				
24 <b>FREE DAY!</b> How have you practiced mindfulness this week?	25 Make spa beauty care packages with lotion, nail polish, and nail files for the ladies in your life.	26 Put a \$10 or \$20 bill in a book with a note that says, "Great choice! This book is on me!"	27 Take your time eating and savor every bite.	28 Make the switch to cruelty-free products.	29 Send a handwritten letter to someone who's made a difference in your life.	30 Mow your neighbors lawn after mowing your own.																																																																																				
31 Leave a fun surprise or treat in your mailbox for your mail carrier.	1	2	3	4	5	6																																																																																				

# JUNE 2020



## RANDOM ACTS OF KINDNESS FOUNDATION™

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31	1 Send coloring books, toys, and balloons to a children's hospital.	2 Write your partner a list of things you love about them.	3 Cook an extra portion of dinner (or dessert) for someone who needs it.	4 Write an encouraging letter to a deployed or wounded member of the military through "Operation Gratitude."	5 Clip or print inspirational news stories to leave in a gathering space and post it on social media.	6 Leave sunscreen bottles and sunglasses at the beach for others to freely use.																																																																																																	
7 Set positive intentions for the week.	BEST FRIEND'S DAY 8 Connect with your best friend one way or another today.	9 Start a new book about a topic that is completely new to you.	10 After a wedding or party, donate all of the flowers to a nursing home.	11 Become a "Big Brother" or "Big Sister."	12 Anonymously send dessert to another table.	13 Take photos of your friends and make them into a digital album to share with them.																																																																																																	
14 Make it a point to listen to others today and don't interrupt.	15 Commute to work via bike, public transit or by carpool.	16 Leave an extra large tip for your server with a note of thanks for their wonderful service.	17 Smile at everyone you see today.	18 Gather some coworkers to help pick up trash in your local park during lunch.	19 Take tea over to an elderly neighbor and enjoy a short chat.	20 <b>FREE DAY!</b> What is one way you can show courage today?																																																																																																	
21 Visit your local zoo or aquarium.	22 Leave bottles of bubbles inside a children's park for them to find with a note that says "FREE BUBBLES."	23 Pay for someone's coffee or meal at a drive-thru.	24 Spend an afternoon paying a visit to the senior citizens at your local nursing home.	25 Make an appointment with a financial advisor.	26 Leave your favorite restaurant or café a glowing review online.	27 Apologize to someone with whom you've had a past conflict.																																																																																																	
28 Start a gratitude journal.	29 Give your subway or bus seat up to someone.	30 Stop what you're doing for a few minutes to just breathe and appreciate life.	1	2	<p style="text-align: center;">MAY</p> <table border="1" style="font-size: small; width: 100%;"> <thead> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>Sa</th> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>Sa</th> </tr> </thead> <tbody> <tr> <td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td> <td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td> </tr> <tr> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> <td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td> </tr> <tr> <td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> <td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td> </tr> <tr> <td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td> <td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td> </tr> <tr> <td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td> <td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td> </tr> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td></td> <td>31</td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </tbody> </table> <p style="text-align: center;">JULY</p>		S	M	T	W	Th	F	Sa	S	M	T	W	Th	F	Sa						1	2				1	2	3	4	3	4	5	6	7	8	9	5	6	7	8	9	10	11	10	11	12	13	14	15	16	12	13	14	15	16	17	18	17	18	19	20	21	22	23	19	20	21	22	23	24	25	24	25	26	27	28	29	30	26	27	28	29	30	31								31						
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		Offer a cold bottle of water to someone working outside in the heat.	Leave snacks such as high energy granola bars in a hospital waiting room.	Surprise your best friend with a small gift or treat.	Have a BBQ and invite friends, family, and neighbors over.																																																																																												
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Go stargazing in the evening alone or with a friend / partner.	Wake up early to exercise before going to work.	Plan a neighborhood block party so everyone can get to know one another.	Allow someone to merge into traffic.	Compliment someone on an attribute of theirs, not a physical trait or item of clothing.	Place positive quotes on buses, trains, doors, etc. to put a smile on a passersby's face.	Make plans with that person you've been putting off.																																																																																											
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Hand out popsicles at the playground.	Invite someone you don't know very well to coffee.	Give away one of your possessions for free.	Buy five single flowers and hand them out to strangers.	Share / re-tweet an 'adopt an animal' post on your social media.	Feed birds in the park.	Go for a hike and enjoy a day in nature.																																																																																											
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Do something you love today.	Send information regarding upcoming local events which you think a friend or family member might enjoy.	Use the words "I respect where you're coming from". If you find yourself in a disagreement.	Send a card or letter to a lonely elder at <a href="http://bkind.ly/cards">bkind.ly/cards</a>	Turn off devices for the evening. Spend time with your family or friends playing board games, sharing laughs and creating memories.	Go to a dog park and pass out dog treats.	<b>FREE DAY!</b> Find a way to show someone you care today.																																																																																											
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Organize a nature clean up day with friends.	Sign up to read to patients at your local children's hospital.	Do something that you find challenging today.	Offer to help someone who has just endured a major life event or loss.	Leave a thank you note to your office custodians.	Participate in a fundraiser.																																																																																												





# SEPTEMBER 2020



**RANDOM ACTS OF KINDNESS  
FOUNDATION**

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		Register to vote and encourage others to do so.	Deliver homemade cookies to a friend or neighbor.	Use less plastic and be more conscious about recycling.	Tape bus fare to a bus stop for someone in need.	Host a popcorn and movie night with your friends or family.																																																																																																																	
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Be a tourist in your own city for a day.	Start a food drive at work.	Tape a few single dollar bills to a vending machine with a note saying "next snack is on me, enjoy."	Pick a street and write "have a great day" message on every driveway in colorful chalk.	Pack lunches and hand them out to the homeless in your neighborhood.	When paying bills, add a fun message along with your payment.	Write down three things you are passionate about.																																																																																																																	
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Take time out today to crank up and enjoy your favorite music.	Create bookmarks with inspirational messages and hide them in library books for strangers to find.	Volunteer to serve in a soup kitchen.	Make time to meet a new friend or group of friends to widen your social circle.	Invite your coworkers out to happy hour.	Leave a basket of treats out for the garbage men with a note of gratitude for keeping your neighborhood clean.	Have confidence in yourself and your abilities.																																																																																																																	
20	INTERNATIONAL DAY OF PEACE 21	22	23	24	25	26																																																																																																																	
Try a session of acupuncture or get a massage.	Organize a community volunteer project or program.	Carry a stranger's grocery bags.	Help to clean a new mother's home or bring her groceries to lighten her load.	Visit a nursing home and spend time talking to a resident and listening to their stories.	<b>FREE DAY!</b> Get creative! Make up your own RAK today!	Listen to an inspirational podcast.																																																																																																																	
27	GOOD NEIGHBOR DAY 28	29	30	1	<table border="1"> <thead> <tr> <th colspan="7">AUGUST</th> <th colspan="7">OCTOBER</th> </tr> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>Sa</th> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>Sa</th> </tr> </thead> <tbody> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td>1</td> <td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td> </tr> <tr> <td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> </tr> <tr> <td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> </tr> <tr> <td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> </tr> <tr> <td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td> </tr> <tr> <td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </tbody> </table>		AUGUST							OCTOBER							S	M	T	W	Th	F	Sa	S	M	T	W	Th	F	Sa							1						1	2	3	2	3	4	5	6	7	8	4	5	6	7	8	9	10	9	10	11	12	13	14	15	11	12	13	14	15	16	17	16	17	18	19	20	21	22	18	19	20	21	22	23	24	23	24	25	26	27	28	29	25	26	27	28	29	30	31	30	31												
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Treat a friend to dinner at a new restaurant in town.	Do something nice for your neighbor.	Say hello to a stranger and ask how their day is going.	Collect baby clothes and supplies to donate to new parents who need them.																																																																																																																				

# OCTOBER 2020

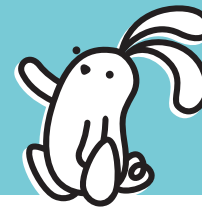


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<p>WORLD ANIMAL DAY</p> <p>4</p> <p>Find an animal cause you care about and ways you can offer support.</p>	<p>WORLD HABITAT DAY</p> <p>5</p> <p>Become a conscious consumer.</p>	6	7	8	9	10																																																																																				
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<p>Leave an inspiring poem, or painting somewhere in the community for someone to randomly discover.</p>	<p>Start a meeting with a round table of celebrations and gratitude.</p>	<p>Attend a veteran or homeless person's funeral who does not have family.</p>	<p>Participate in the cleanup of a local river, pond, or lake.</p>	<p>Compliment a parent on their child's good behavior.</p>	<p>Start a butterfly garden in your community.</p>	<p>Listen to an inspirational TED talk.</p>																																																																																				
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<p>Bring your partner breakfast in bed.</p>	<p>Leave uncarved pumpkins on a family's doorstep along with kid friendly tools for carving.</p>	<p>Send a family photo to your parents or grandparents.</p>	<p>Share your favorite Fall recipe with friends.</p>	<p>Surprise someone with a thoughtful, inexpensive gift.</p>	<p>Leave a \$5 bill on a Red Box with a note "some snacks on me" for the next person who rents a video or game.</p>	<p>Buy a round of drinks at the bar.</p>																																																																																				
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<p>Plan a spontaneous date with your partner, doing things you both love.</p>	<p>Leave a basket of food for a family who is struggling financially.</p>	<p>Purchase from the free service, <a href="http://igive.com">igive.com</a>, to have a small donation made to your favorite charity.</p>	<p>When you see a flustered parent in a coffee or ice cream shop, purchase their order and turn their day around.</p>	<p>Publicly praise someone for their valued work.</p>	<p>Bring workers out in the cold or the homeless some hand warmers.</p>	<p>Share treats with whoever you spend today with.</p>																																																																																				

# NOVEMBER 2020



**RANDOM ACTS OF KINDNESS  
FOUNDATION**

[www.randomactsofkindness.org](http://www.randomactsofkindness.org)

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																				
1 Help a neighbor rake leaves or with a household chore.	2 Create a gratitude jar and fill it with things are you grateful for all month.	3 Write and send a thank you note to someone in your life that helped you through adversity.	4 Be someone's tour guide in your city.	5 Visit your parents and make them dinner.	6 <b>FREE DAY!</b> Think about how you can be a person of integrity.	7 Let go of an old grudge.																																																																																				
8 Refrain from making assumptions or jumping to conclusions.	9 Connect with a new travel group and travel more.	10 Fill an old purse with snacks, water, small mirror, combs, hygiene products, a nice spray and leave it with a homeless woman.	11 Leave extra quarters in a zipup bag and tape it on your building's laundry machines with a note that says "this load is on me."	12 Leave a note on the public restroom mirror that says "you look amazing!"	13 WORLD KINDNESS DAY Spend today spreading kindness however you can.	14 Write special things about a loved one on cut out hearts. They can read a message anytime they get lonely or need a pick-me-up.																																																																																				
15 Be accountable for everything you do or say today.	16 Purchase groceries for the person in front of you in the express line.	17 Save your hair to donate to "Locks of Love."	18 Pay attention to your internal dialogue.	19 Participate in or help organize a community parade/event celebration.	20 Put aside your viewpoint and try to view things from the other person's perspective.	21 WORLD HELLO DAY Say hello to the first three people you see today.																																																																																				
22 Knit something for someone to cherish.	23 Organize a campaign to raise money to buy and install new playground equipment for a park.	24 Spend time today journaling what you would like your life to look like two years from now.	25 Hand out free hot coffee to commuters waiting for their bus/train.	26 Ask everyone to write a note about what they appreciate about each person then read the cards aloud before dinner.	27 Help others with their luggage when traveling.	28 Take your change to a Coinstar machine and donate your collection to charity.																																																																																				
29 Buy flowers or a new plant for your home.	30 Empty and read the gratitude jar you have created throughout the month.	1	2	3	<p>OCTOBER                      DECEMBER</p> <table border="0"> <tr> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td> </tr> <tr> <td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td> <td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td> </tr> <tr> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> <td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td> </tr> <tr> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> <td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td> </tr> <tr> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> <td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td> </tr> <tr> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td> <td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td> </tr> </table>		S	M	T	W	Th	F	Sa	S	M	T	W	Th	F	Sa					1	2	3			1	2	3	4	5	4	5	6	7	8	9	10	6	7	8	9	10	11	12	11	12	13	14	15	16	17	13	14	15	16	17	18	19	18	19	20	21	22	23	24	20	21	22	23	24	25	26	25	26	27	28	29	30	31	27	28	29	30	31		
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# DECEMBER 2020



## RANDOM ACTS OF KINDNESS FOUNDATION

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		Join "Soldiers' Angels" and send a holiday care package to a deployed service member.	Hand out candy canes along with a smile or a note wishing the recipient a joyful holiday season.	Offer life or career advice to a younger person.	Send cheerful holiday cards with inspiring quotes to hospitalized children using the "Cardz for Kidz" service.	Contribute toys to your local "Toys for Tots" campaign.																																																																																																																	
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Take a hot bath. Soaking in a hot tub, preferably with Epsom salt and aromatherapy oils.	Get festive and decorate your home for the holidays.	Spend time in nature by going on a hike or a walk through the park.	Send family, friends and coworkers coupons to their favorite shops.	Send coloring books, toys, and balloons to children's hospitals.	Pay for the coffee, the toll, or the bus fare for the person behind you.	Spend time talking to the person who is standing alone at a holiday party / event.																																																																																																																	
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Treat yourself to a small purchase of something that makes you smile, such as candy, candles, jewelry, or a book.	Carpool or take public transportation today to work.	Create handmade holiday gifts for friends, family and coworkers.	Take a friend or family member on a spontaneous adventure.	<b>FREE DAY!</b> How can you show respect today?	Start your next work meeting with an inspiring video.	Create a kindness tree and ask family and friends to decorate it with ornaments that have notes attached of a kind act they did.																																																																																																																	
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Reach out to a neighbor to offer any help they might need.	Get some friends together and gather treats for delivery workers with a note of appreciation for all their hard work.	Leave dollar bills on the shelves at the local dollar store with a note that says "treat yourself to anything in the store—on me."	Prepare a meal for or help out a family that is struggling with an emotional or financial hardship.	Open your home for the holidays. Invite neighbors and friends over for drinks or dessert.	Gift a loved one an experience rather than a material gift.	Schedule an after-the-holidays massage for yourself.																																																																																																																	
27	28	29	30	NEW YEAR'S EVE 31	<table border="1"> <thead> <tr> <th colspan="7">NOVEMBER</th> <th colspan="7">JANUARY</th> </tr> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>Sa</th> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>Sa</th> </tr> </thead> <tbody> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td> <td></td><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td> </tr> <tr> <td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> </tr> <tr> <td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td> <td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> </tr> <tr> <td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td> <td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td> </tr> <tr> <td>29</td><td>30</td><td></td><td></td><td></td><td></td><td></td> <td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td> </tr> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td></td> <td></td><td></td><td></td><td></td><td></td><td></td><td>31</td> </tr> </tbody> </table>		NOVEMBER							JANUARY							S	M	T	W	Th	F	Sa	S	M	T	W	Th	F	Sa	1	2	3	4	5	6	7							1	2	8	9	10	11	12	13	14	3	4	5	6	7	8	9	15	16	17	18	19	20	21	10	11	12	13	14	15	16	22	23	24	25	26	27	28	17	18	19	20	21	22	23	29	30						24	25	26	27	28	29	30														31
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Name a star after someone at <a href="http://bkind.ly/star">bkind.ly/star</a>	Take a long walk in silence.	Pack extra snacks to offer to friends or coworkers.	Make a list of ten things you'd like to accomplish next year.	Celebrate a year of kindness by becoming a RAKtivist@ at <a href="http://bkind.ly/raktivist">bkind.ly/raktivist</a>																																																																																																																			