

# APRIL

		<p>Help prepare a healthy breakfast for your family</p> <p style="text-align: right;"><b>1</b></p>	<p>Spend 24 hours only speaking and thinking positive. Try your best to eliminate the negative</p> <p style="text-align: right;"><b>2</b></p>	<p>Play a game virtually with a friend or group of friends</p> <p style="text-align: right;"><b>3</b></p>	<p><b>Weekend Challenge!</b> Offer to help elderly neighbors or friends</p> <p style="text-align: right;"><b>4/5</b></p>
<p>Host a virtual lunch or dinner party for your friends</p> <p style="text-align: right;"><b>6</b></p>	<p>Create and send a fun video to lift someone's spirits</p> <p style="text-align: right;"><b>7</b></p>	<p>Invite a friend to virtually watch a movie together</p> <p style="text-align: right;"><b>8</b></p>	<p>Lead "high/low/hero" or other sharing activity during dinner with your family</p> <p style="text-align: right;"><b>9</b></p>	<p>Give someone you love a virtual or air "High 5"</p> <p style="text-align: right;"><b>10</b></p>	<p><b>Weekend Challenge!</b> Send a Care Package or Order Essentials for Someone</p> <p style="text-align: right;"><b>11/12</b></p>
<p>Do someone else's chores as a surprise to them</p> <p style="text-align: right;"><b>13</b></p>	<p>Tell a friend or a family member a joke</p> <p style="text-align: right;"><b>14</b></p>	<p>Call your grandparents or an older person you know</p> <p style="text-align: right;"><b>15</b></p>	<p>Write a review for a small business or a book you've read</p> <p style="text-align: right;"><b>16</b></p>	<p>Congratulate a friend on something they've accomplished</p> <p style="text-align: right;"><b>17</b></p>	<p><b>Weekend Challenge!</b> Celebrate Earth Day (April 22)</p> <p style="text-align: right;"><b>18/19</b></p>
<p>Call a relative you haven't talked to in awhile</p> <p style="text-align: right;"><b>20</b></p>	<p>Draw a picture of flowers and send it to someone you love</p> <p style="text-align: right;"><b>21</b></p>	<p>Clean up a mess that wasn't yours</p> <p style="text-align: right;"><b>22</b></p>	<p>Make an encouraging sign to hang in a window at your house</p> <p style="text-align: right;"><b>23</b></p>	<p>Create a playlist for a friend</p> <p style="text-align: right;"><b>24</b></p>	<p><b>Weekend Challenge!</b> Plan a Virtual Celebration</p> <p style="text-align: right;"><b>25/26</b></p>
<p>Write a positive note or quote on a sticky note and put it on your refrigerator for all to see</p> <p style="text-align: right;"><b>27</b></p>	<p>Send a favorite book to a friend</p> <p style="text-align: right;"><b>28</b></p>	<p>Ask a friend or family member about their day</p> <p style="text-align: right;"><b>29</b></p>	<p>Chalk your driveway with kind messages for anyone who sees it</p> <p style="text-align: right;"><b>30</b></p>		