

APRIL 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1 Ask someone under a lot of pressure how you can help.	2 Watch a movie with your sibling that they have been wanting to watch.
3 Make a card for someone who just underwent surgery.	4 Give an encouraging note to a friend.	5 Frame a friend's favorite quote and give it to them.	6 Thank the maintenance and cafeteria staff at your school.	7 Give someone an unexpected compliment.	8 Introduce yourself to someone new.	9 Work a shift in a soup kitchen.
10 Write positive messages & put them in pants pockets at a clothing store.	11 Give a plant to your teacher.	12 Don't speak over other people.	13 Deliver treats or flowers to a neighbor's house.	14 Teach someone how to make your favorite healthy snack.	15 Organize a local cleanup effort.	16 Pledge to use less plastic to lessen your carbon footprint.
17 Record a video message to send to a faraway friend.	18 Make a teacher smile! Surprise them with a treat, note, or kind words.	19 Donate dog and/or cat food to an animal shelter.	20 Reach out to someone you know going through a tough time.	21 Write a letter to someone who has made a difference in your life.	22 Draw a picture for a friend.	23 Clip coupons & put them next to corresponding items in the store.
24 Write a poem for your parents.	25 Make care bags to give to those in need.	26 Make a friendship bracelet & give it to a new friend.	27 Accomplish one task on your bucket list.	28 Put together a "movie night in" basket for your family.	29 Send flowers anonymously to a receptionist.	30 Make homemade play-doh to donate to a preschool class.