AUGUST 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 Start learning a new skill you've always wanted to try.	2 Donate tissues & hand sanitizer to your school or a nearby school.	3 Surprise a friend or family member with their favorite drink.	4 Smile at every person you see all day long.	5 Research your family tree & share what you've learned with other relatives.	6 Make a thank you card for your local firefighters.
7 Bring cookies to a neighbor.	8 Donate coloring books & crayons to a children's hospital.	9 Remember to turn off the water while brushing your teeth.	10 Make a bucket list & start by completing one thing on it today.	11 Learn something new about someone different from you.	12 Video chat with a relative you haven't seen in awhile.	13 Help someone brainstorm for an upcoming project.
14 Do an act of kindness for someone & encourage them to pay it forward.	15 Compliment ten people before noon.	16 Hang your clothes to dry instead of using the dryer.	17 Bring breakfast to a friend.	18 Make cards for the residents at your local nursing home.	19 Pack someone a lunch for the day.	20 Place a note of appreciation & a small gift in a neighbor's mailbox.
21 Figure out a friend's half birthday & surprise them with a treat.	22 Put change in a vending machine for a stranger.	23 Read inspirational kindness quotes for a pick-me-up.	24 Hold the door open for a group of people.	25 Invite someone new to sit with you during lunch.	26 Make a homemade card to send to a friend on the other side of the world.	27 Tell a friend all the things you love about their family.
28 Take someone new in your neighborhood on a tour of your area.	29 Leave a pack of baby wipes at a random changing station.	30 Call your grandparents just to say, "Hi!"	31 Bring an extra snack for a friend.	2	3	4