

MAY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Donate games & art supplies to a children's hospital.	2 Give someone a hug or a high-five.	3 Share about something that changed your life with someone struggling.	4 Print a photo of you & a friend and give it to them.	5 Make an effort to not complain for the whole day.	6 Stamp postcards, give them to strangers, & encourage them to get back in touch with someone.	7 Write a note for a friend or sibling with everything you love about them.
8 Offer to walk your neighbor's dog.	9 Tape quarters to parking meters.	10 Help someone carry their groceries to their car.	11 Write a list of 10 things you're grateful for when you first wake up.	12 Laugh at someone's joke.	13 Take the time to write a great online review for a restaurant you love.	14 Go on a hike & pick up all the trash you see along the trail.
15 Attend a local volunteer effort.	16 Send hand-drawn thank you cards to veterans.	17 Apologize & make amends with someone you were unkind to.	18 Give a candy bar to a bus driver.	19 Go out of your way to be extra nice to someone don't really know.	20 Email a former teacher that impacted you.	21 Volunteer to read at a local nursing home.
22 Hold a food bank drive in your community.	23 Send a care package to a family friend in college.	24 Paint compliments on a pot, plant a seed, & give it to a friend.	25 Research & draw out your family tree to give to an older relative.	26 Lend a friend your favorite book or movie.	27 Wheel a neighbor's trash can/recycling bin out for pick-up.	28 Suggest a fun outing for your family.
29 Create as many cards as you can with a friend to donate to a nursing home.	30 Donate some of your old books to a school or shelter.	31 Ask someone to share one of their happiest memories with you.	1	2	3	4