

# APRIL 2023

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