

MAY 2024

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