

MAY 2023

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