

# AUGUST 2024

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