

AUGUST 2023

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