

Kindness Calendar August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>When you carry out acts of kindness you get a wonderful feeling inside. It is as though something inside your body responds and says, yes, this is how I ought to feel. ~ Rabbi Harold Kushner</i></p>						1
						<p>Start a neighborhood group to share a hobby with others</p>
2	3	4	5	6	7	8
Tweet a few of those compliments out.	Smile!	Let a fellow driver pull out in front of you in traffic	Buy a book a friend will like and give it to them	Share positive and uplifting stories on social media	Treat yourself to something nice... you deserve it!	Call an elderly neighbor or relative just to check in
9	10	11	12	13	14	15
On trash day, wheel your neighbor's can out to the curb.	Help someone with their groceries or bags.	Give a gift of housekeeping service to a new parent	Leave an extra generous tip for a good restaurant server.	Send a card to someone in the military overseas.	Stop at the lemonade stand.	Hold the door open.
16	17	18	19	20	21	22
Hold a door open for someone	Simply say "I'm sorry" when you're wrong.	Offer to babysit for a single mom.	Find a fun project to volunteer for.	Take a cart in with you from the parking lot	Walk instead of driving and absorb the wonders around you	Offer to babysit for a single Mom or Dad
23	24	25	26	27	28	29
Don't interrupt when someone is explaining themselves.	Put away your phone.	Organize a virtual zoom gathering with friends or family	Sit next to someone sitting alone at an event or meeting	Give a lottery ticket to a stranger.	Offer to help tutor a student who is struggling	Support a local small business whenever possible
30	31	<p><i>Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world. ~ Desmond Tutu</i></p>				
Donate old cell phones. Many groups need them.	Buy a meal for a homeless person.					