

# Kindness Calendar June 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Write an inspirational note to someone who needs inspiration.	Wave back to children who wave at you.	Put away your phone.	Share inspiring quotes and stories online	Simply say "I'm sorry" when you're wrong.	Offer to baby-sit for a single mom.
7	8	9	10	11	12	13
Give a homeless person your doggie bag.	Leave an extra generous tip for a good restaurant server.	Let a fellow driver merge into your lane.	Hold a door open for someone	Smile!	Let a fellow driver pull out in front of you in traffic	Drop off combs, toothbrushes, and toothpaste at a shelter.
14	15	16	17	18	19	20
Find a fun project to volunteer for.	Pick up a piece of trash and throw it away, just because	At the post office, leave extra stamps at the stamp machine.	Stop at the lemonade stand.	Inspire someone today	Donate time or resources to your local food pantry	Pay for the person behind you in line
21	22	23	24	25	26	27
Offer to help an elderly neighbor or friend with yard work	Send someone an e-card, just because. The funnier, the better	Reach an item off a high shelf for someone.	Forgive someone a debt - and never bring it up again.	Recommend a book; Better yet, lend that book.	Plant a tree	Take time to enjoy the sunrise or sunset
28	29	30	<p><i>How do we change the world? One random act of kindness at a time.</i></p>			
Don't post angry.	Send dessert over to another table at a restaurant.	Talk to someone new.				