

# Kindness Calendar May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>The happiest people in life are the givers, not the getters.</i>					1	2
					Put your shopping cart back in its place.	Ask someone how their day was, and listen attentively
3	4	5	6	7	8	9
Sell some stuff online and give the proceeds to charity	Remove debris or other obstacles from a road or path.	Pay for drinks.	Pay for a highway or bridge toll for the person behind you	Volunteer your time at a non-profit organization.	Donate old cell phones. Many groups need them.	Forgive.
10	11	12	13	14	15	16
Help someone set up a social media account	Call your family just to say hi and see how they're doing	Pay for someone's groceries.	Don't interrupt.	Give a smile and a friendly wave to a neighbor	Leave quarters at the laundromat or at the arcade	Reach an item off a high shelf for someone.
17	18	19	20	21	22	23
Compliment a job well done or a kindness	Hug often.	Forgive someone a debt - and never bring it up again.	Recommend a book; Better yet, lend that book.	Volunteer to read to kids at an after school program.	Take time to enjoy the sunrise or sunset	Plant a tree
24	25	26	27	28	29	30
Smile at a stranger	Don't post angry.	Send dessert over to another table at a restaurant.	Talk to someone new.	Ask others - sincerely - what you can do to help.	Give up your seat to someone who needs it more.	Say hello!
31	<i>Helping one person might not change the world, but it could change the world for one person.</i>					
Help that mom trying to get her stroller through the door						