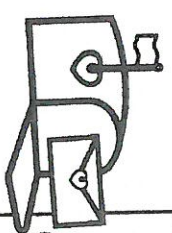


FEBRUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>3 Figure out a friend's half birthday & surprise them with a treat on that day</p>	<p>4 Read inspirational kindness quotes on our website for a pick-me-up</p>	<p>5 Hold the door open for a group of people <i>Lunar New Year</i></p>	<p>6 Invite someone new to sit with you during lunch</p>	<p>7 Make a homemade card to send to a friend on the other side of the world <i>Send A Card Day</i></p>	<p>1 Place a note of appreciation & a small gift in a neighbor's mailbox</p>	<p>2 Put change in a vending machine for a stranger <i>Groundhog Day</i></p>
<p>10 Make a list of 10+ RAKs you've been wanting to do & pledge to do them all by the end of the week</p>	<p>11 Fill plastic bags with snacks & travel toiletries to keep in your car to give to homeless people</p>	<p>12 Leave a pack of baby wipes at a random changing station</p>	<p>13 Start a fundraiser online or at your school</p>	<p>14 Make a Valentines card for everyone in your class / office <i>Valentines Day</i></p>	<p>8 Tell a friend all the things you love about their family</p>	<p>9 Take someone new in your neighborhood on a tour of the city</p>
<p>17 You have 24 hours: perform as many acts of kindness as you can! <i>RAK Day</i></p>	<p>18 Randomly give a lottery ticket to a stranger <i>President's Day</i></p>	<p>19 Acknowledge someone when they walk into the room</p>	<p>20 Buy a new toy for your pet or a pet you know</p>	<p>21 Share your notes or study guide with a classmate that's been out sick <i>Valentines Day</i></p>	<p>15 Write inspiring notes to leave on random cars in a parking lot</p>	<p>16 Publicly bring attention to the accomplishments of someone that deserves more recognition</p>
<p>24 Donate supplies to a random teacher via a online classroom wishist</p>	<p>25 Respond to emails / texts in a timely fashion - people don't like feeling ignored</p>	<p>26 Treat a friend or stranger to a beverage</p>	<p>27 Learn how to say "please" & "thank you" in 5 different languages</p>	<p>28 Listen to an upbeat playlist while you get ready in the morning</p>	<p>22 Carry around packets of hand warmers to give to people in need <i>RAK Day</i></p>	<p>23 Follow @akfoundation on Instagram to add kindness to your social feed</p>

Random Acts of Kindness



30 Days of Random Acts of Kindness

naturalbeachliving.com

1. Compliment someone
2. Recycle bottles
3. Give a smiley face picture to someone
4. Visit a nursing home
5. Share toys with siblings
6. Make cards for someone
7. Tithe allowance
8. Help someone with yard work
9. Call a grandparent just to say hi
10. Read to a sibling
11. Do an extra chore
12. Bake cookies for someone
13. Write kind words on rocks
and leave them at a park
14. Let someone go ahead of you in line
15. Smile
16. Create care packages
17. Put change in a vending machine
18. Write letters to the military/veterans
19. Eat with someone new at lunch
20. Encourage someone
21. Help clean up a mess
22. Tell your parents you love them
23. Clean your room without being asked
24. Donate food to a food drive
25. Write a letter to grandma
26. Give a hug
27. Sponsor a child
28. Bring dessert to the neighbor
29. Make a birdfeeder
30. Ask others to continue
acts of kindness

kindness
matters!