

April Acts of Kindness Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Gather all your loose change and donate it	2 Pick up litter	3 Wear a blue ribbon & talk to your kids about safety	4 Send in a thank you card/gift to the school librarian	5 Choose one way to support Child help	6 Tape change to a vending machine
7 Bake and deliver a coffee cake to someone	8 Plant flowers in your neighborhood	9 Share the link to free stress-relief books with friends	10 Tell your siblings you love them	11 Show appreciation for a child in a military family	12 Leave positive sticky notes in random places	13 Tame someone out for lunch
14 Surprise your significant other with date night	15 Surprise an occupational therapist with OT supplies	16 Invite someone to Easter brunch or dinner	17 Hand out copies of (or recite) your favorite poem to others	18 Turn in all of your plastic shopping bags to a recycler	19 Leave kind comments on social media, blogs, or comment cards	20 High five 5 people
21 Wear blue & green and sign up to be an organ donor	22 Plant a tree	23 Do 3 things to reduce your ecological footprint	24 Thank volunteers for their service	25 Bake zucchini bread for a friend or neighbor	26 Surprise an administrative professional with a small gift or treat	27 Compliment a married couple you admire on their relationship
28 Tell someone why they are your personal superhero	29 Help build or repair something for someone else	30 Adopt a pet or donate items to an animal shelter				