

JANUARY

- MLK Day – Surprise someone with a hot beverage or hot meal
- Shoveling snow for a neighbor
- Help an elderly person put away holiday decorations
- Take time to set some personal resolutions to start your year off right

FEBRUARY

- Valentine’s Day – make homemade Valentine’s for your neighbors, special someone, or nursing home
- Send a flower arrangement to a nursing home for them to enjoy
- Offer a compliment to a stranger

MARCH

- Donate old books to a local library
- Trade a book with a friend and meet for a fun book review
- Leave notes of affirmation in books at the local library
- Drivers, try listening to a new audio book and share your review with friends or co-workers

APRIL

- Help your local church or city pick up after an easter egg hunt
- Earth Day – pick up litter at a local park in your town 4/22/24
- Help plant a garden/tree or plant your own garden/tree

MAY

- Celebrate Cinco de Mayo by sharing with your family the history
- Write a note of thanks or give flowers to a mom or mother figure in your life
- Help a single mom out for a day to show them appreciation
- Memorial Day – take donations to a local VA near you or bring flowers to a military cemetery

JUNE

- Help the elderly make sure their smoke detectors are working (Safety Month)
- Send a special note of Thanks to Dad or a father figure in your life
- National Donut Day – bring donuts to work for others to enjoy!
- 6/1/24 – National Nail polish day – Spend some time at a nursing home painting nails

JULY

- Leave waters out in a cooler for your delivery drivers in the heat
- Hang a flag for Independence Day in support of our military
- Take a friend or special someone out for ice cream during the hot summer

AUGUST

- National Cat & Dog day – donate food, blankets, newspaper, toys, and treats to local animal shelters
- National relaxation day – show yourself kindness by taking a few moments to practice gratitude
- Donate school supplies to a local school for those in need or reach out to a teacher to see what they need for their classroom

SEPTEMBER

- Leave snacks out to show appreciation to your local delivery driver
- Labor Day – invite your co-worker to coffee or lunch to show appreciation for them being a member of your team
- 9/9/24 - Teddy Bear Day – donate teddy bears to a local children’s home

OCTOBER

- Donate costumes or candy to a local daycare for the kids to enjoy
- Rake leaves for a neighbor
- 10/12/24 – Farmer’s Day - visit a local farmer’s market to support your local farmers

NOVEMBER

- Send a special Thank you note to anyone that has made a special impact on your life or just say Thanks to a stranger for a simple act of kindness
- Reach out to your local food pantries to see what they need for Thanksgiving dinners
- Show gratitude by paying it forward, and backwards by paying for the person behind you in the drive thru line
- Use the website “anysolider.com” to find a military personnel to send a holiday care package

DECEMBER

- Keep a few coffee gift cards to pass out to a retail worker that could use the extra kindness
- Donate toys to local children’s shelters or preschool/daycare
- 12/17/24 – maple syrup day – enjoy a delicious meal of flap jacks with someone special
- Contribute to Wreaths Across America by sponsoring a wreath or helping place wreaths