

March 2021 Random Acts of Kindness

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Wave to someone!	2 Pick up Trash on the street	3 Help a neighbor with groceries	4 leave flowers on someone's doorstep anonymously	5 SEND A THANK YOU NOTE TO REMIND SOMEONE YOU APPRECIATE THEM	6 Smile at someone just because :)
7 Donate toys to a local charity	8 HELP SOMEONE BEFORE THEY ASK	9 Pay for the person's order behind you in the drive-through	10 Call a relative to say hello	11 CHALK THE SIDEWALK WITH POSITIVE MESSAGING	12 Compliment someone!!	13 Ask someone how they're doing - & listen!
14 Do an extra chore	15 ALLOW SOMEONE TO HELP YOU	16 PRAISE SOMEONE'S WORK	17 SAY "SORRY" WHEN YOU NEED TO	18 Help with the dishes	19 JOIN A FRIEND OR FAMILY MEMBER FOR SOMETHING THAT MAKES THE OTHER PERSON HAPPY	20 Do something that makes you happy
21 LET SOMEONE GO AHEAD OF YOU IN LINE	22 Help make dinner	23 Make someone laugh	24 Be kind to yourself	25 SUPPORT A LOCAL BUSINESS	26 Recycle!	27 Give yourself a compliment
28 Tell someone how much they mean to you	29 Surprise someone	30 Leave notes around your house for a loved one	31 REST & RECOGNIZE ALL THE GOOD YOU HAVE DONE!			



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