

# JULY 2022 Kindness Calendar

1. Buy coffee for the person behind you in line.
2. Leave a Kind Note for a coworker.
3. Today is International Plastic Bag Free Day. Be kind to the planet and try reusable bags!
4. Happy 4th! Invite a friend over for a backyard cookout or hangout.
5. Try to thoughtfully consider the perspective of others rather than making a quick judgment.
6. Organize or participate in a fundraiser.
7. Hand out cold waters to people working outside.
8. Find a small way to take action for the kindness you want to see in your community.
9. Share extra groceries with a neighbor or a community pantry.
10. Be kind to yourself and take the day off from doing any chores.
11. Share a cause that's meaningful to you on social media.
12. Write down three reasons you are grateful in your life and savor them.
13. Ask someone how you can help them.
14. Talk to a child about what kindness means to them.
15. Instead of buying something new, see if you can find it used.
16. Put your neighbor's trash cans away after pick-up or write a Kind Note to a Waste Management worker.
17. Go out to lunch with a coworker.
18. Make a point to do more listening than talking today.
19. Send a friend a text just to share something that you appreciate about them.
20. Add change to someone's parking meter.
21. Keep an extra umbrella at work so you can lend it out when it rains.
22. Introduce yourself to a neighbor.
23. Write a positive note to place in a public place.
24. It's National Cousins Day. Mail your cousin a card with a fun memory you've shared.
25. Think about how you might reframe self-critical thoughts by focusing on lessons learned.
26. Make a donation to your favorite local non-profit.
27. Take flowers to a nursing or retirement home.
28. Give a stranger a compliment.
29. Challenge yourself to save water by taking five minutes off your shower time.
30. Offer to return someone's shopping cart to the store.
31. Pick up trash in a public place. Consider asking a few friends to come help!