

1. Try bringing awareness to your emotions by naming them.
2. Call a loved one just to check in or tell them they're on your mind.
3. Check in with a family who has a young child and see if you can offer help or support.
4. Indulge in a treat or something special today.
5. Share an uplifting post on social media.
6. Make a homemade meal to give to a family member or friend.
7. Look into how to volunteer at a local non-profit.
8. Try taking a deep breath before reacting to something that frustrates you.
9. Take the day off from all social media.
10. Allow a stranger to go ahead of you in line or while driving.
11. Learn something new about your hometown.
12. Compliment someone for their kindness.
13. Reconnect with an old friend.
14. Write words of kindness with sidewalk chalk in your neighborhood or a public place.
15. Take and share a photo of something in nature that brings you joy.
16. Pick up trash in your neighborhood.
17. Choose to pass the next time you're offered a plastic straw.
18. Write a positive review online for your favorite local business.
19. Happy Father's Day! Show appreciation for all types of fathers and caregivers today.
20. Enjoy lunch with a friend, in-person or virtually.
21. Protect and respect your downtime by saying no when you need to.
22. Write a Kind Note to leave for your mail carrier.
23. Practice self-kindness on National Hydration Day by drinking the daily recommended eight glasses of water.
24. Post a sticky note with uplifting messages on a bathroom mirror.
25. Leave one of your favorite books in a Little Free Library.
26. Try a new craft for the fun of it, rather than the expected result.
27. Today is National Post Traumatic Stress Disorder (PTSD) Awareness Day. Visit the National Center for PTSD for information and resources at www.ptsd.va.gov
28. Write a Kind Note and give it to a coworker.
29. Remember that kindness is a skill that requires practice, not perfection.
30. Reflect on who in your life inspires you to be kind.