

FIVE STAR EDUCATION ADVOCACY GROUP

RANDOM ACTS OF KINDNESS

30 DAY CHALLENGE

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Leave a uplifting note to someone	2 Donate books to a library.
3 Bake cookies and send to someone	4 Feed the birds	5 Pick up trash on another street	6 Give a compliment to someone	7 Hide a kind message at the store or gas pump	8 Say only positive things today.	9 Call a family member
10 Plant a tree or flower.	11 Ask someone if they need help with anything.	12 Help an elderly person	13 Tell someone you love, why you love them	14 Give a teacher a thank you gift	15 Donate to your favorite organization	16 Say a prayer or mediate for someone
17 Cash app or Zelle someone	18 Leave a note for mail carrier	19 Say thank you at least 5 times.	20 Babysit for a friend or family member	21 Recycle	22 Donate gently used clothes.	23 Volunteer
24 Write a gratitude list	25 Ask a family member if they need help with anything.	26 Introduce yourself to someone new.	27 Volunteer to read a book at a school.	28 Give a compliment	29 Help clean up after dinner.	30 Send a care packet to someone