

AUGUST 2024

**make
kindness
the norm.**

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY





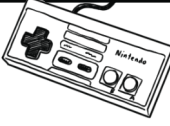
SATURDAY

JULY

S	M	T	W	Th	F	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

SEPTEMBER

S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5
6	7	8	9	10	11	12

					1	2	3
					Donate, volunteer, or raise awareness for a charity that helps a cause you're passionate about.	Help someone who is carrying a heavy load.	Offer to listen to a friend or family member who needs someone to talk to.
4	5	6	7	8	9	10	
Build a "free library" box in your yard for neighbors to borrow or donate books to.	Anonymously pay for someone else's bill at a café or restaurant.	Shop at your local farmers market.	How can you show respect today?	When paying bills, add a fun message along with your payments.	 Send a friend a book you think they might enjoy.	Ride a bicycle! Spend the day riding with friends or family in a park or on a scenic bike path.	
11	 12	13	14	15	16	17	
Spend the afternoon going to the zoo with the children in your life.	Tape coins or hide small toys around a playground for kids to find.	Give your partner more affection and attention today.	Make a simple bird feeder and hang it outdoors for local wildlife to enjoy. 	Pamper yourself! Get a manicure, pedicure, or your hair done.	Get Involved! Sign up to join a community-related cause.	Become a "Big Brother" or "Big Sister".	
18	19	20	21	22	23	24	
Purchase a dozen stem roses and randomly hand them to passersby to brighten their day.	Donate some food to your local food pantry. Call ahead to see what they need.	Spend time today journaling or visualizing what you would like your life to look like in the future.	Set up a booth offering free lemonade.	Leave an inspiring book on the train or bus with a note to pass it on.	Take your change to a coin machine and donate your collection to charity.	Apologize to someone with whom you've had a past conflict.	
25	 26	27	28	29	30	31	
Plant a tree in memory of someone.	Purchase your pet a new toy.	Treat yourself and a good friend to a spa day.	Refrain from complaining today.	 Donate video games to your local Children's hospital.	Sign up for a shift at your local soup kitchen.	Host an outdoor dinner on a warm evening with family or friends.	