

31 DAY KINDNESS CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1. Ready? Do each kindness challenge on the day shown. Feel free to substitute your own kind act if you don't have the resources for the one shown. 2. Cross off each one as you do them—don't break the chain! 3. On Dec. 31 after you've made your list, post a pic with #31RAK</p> <p style="text-align: center;">RANDOM ACTS OF KINDNESS FOUNDATION®</p> <p>Have fun!</p>						
Talk to someone new 4	Say something kind to someone 5	Mail a surprise package to someone you know 6	Make cards for nursing house residents 7	Leave a friendly note where someone will find it 8	Hold the door open for multiple people 9	Donate loose change 10
Leave a big tip 11	Bake extra cookies and take to your local fire or police station 12	Pay for the car behind you at a drive thru 13	Leave lottery tickets somewhere to be found 14	Offer to shovel a neighbor's driveway and sidewalk 15	Order dessert for another family while out dining 16	Leave scarves tied around trees for those in need 17
Donate a new stuffed animal to your local children's hospital 18	Take a friend out for coffee 19	Hide dollars around a dollar store w/ kind notes attached 20	Leave a positive note in your child or spouse's lunch box 21	Let someone have your parking space 22	Bake cookies for your neighbors 23	Pick up litter 24
Put positive sticky notes on bathroom mirrors 25	Send anonymous flowers to someone in your life 26	Text five of your friends letting them know you're thinking of them 27	Smile at everyone you come across 28	Run an errand or do a chore for someone 29	Leave a funny note or some cash in your favorite library book 30	Reflect and make a list of all the great things from 2016 31

