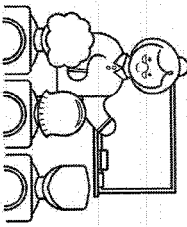

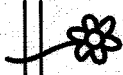


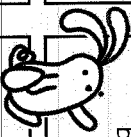


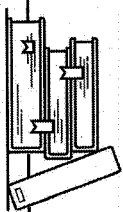


# MAY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>7 Write a letter of appreciation to a teacher or mentor in your life</p>	<p>1 Practice self-kindness and spend 30min doing something creative or productive today</p>	<p>2 Write to or visit a former teacher that impacted you <b>Thank A Teacher Day</b></p>	<p>3 Put a plant in a pot that has positive words that describe a friend written on it &amp; give it to them</p>	<p>4 Share a recipe you love with a friend via email or post on social media</p>	<p>5 Send a dessert to another family while out to eat <b>Cinco de Mayo</b></p>	<p>6 Carry a \$5 gift card with you to hand out to a random person </p>
<p>14 Leave a note on someone's car telling them how awesome they parked</p>	<p>8 Put treats or fun notes in your local school's teacher mailboxes</p>	<p>9 Bring flowers or coffee to a teacher </p>	<p>10 Donate to a classroom on DonorsChoose.org</p>	<p>11 Buy a bouquet of flowers and give them to women walking down the street</p>	<p>12 Host a clean up party at a beach or park</p>	<p>13 Give / send your mom a handmade card and flowers <b>Mother's Day</b></p>
<p>21 Each day this week, think of a random person and send them a positive text message</p>	<p>15 Say hi to someone on an elevator or in a stairwell</p>	<p>16 Offer to wash someone's car for free </p>	<p>17 Drink (at least) 8 cups of water today </p>	<p>18 Add an item to your shopping cart for someone in need</p>	<p>19 Treat yourself to a massage or other spa treatment</p>	<p>20 Help someone with their groceries or bags </p>
<p>28 Make more of an effort than usual to be cheerful today </p>	<p>22 Decorate tissue boxes to donate to the nurses station at your local hospital</p>	<p>23 Follow @RAKFoundation on Instagram to kindly your social media feed</p>	<p>24 Make a get well soon card for someone you know who is sick</p>	<p>25 Include someone new </p>	<p>26 Enjoy a popcorn and movie night with your friends or family</p>	<p>27 Acknowledge the cashier helping you and ask them a genuine question</p>
<p>29 Lend a helping hand in any way that you can</p>	<p>30 Find a new book to read </p>	<p>31 Start a "Kindness file" on your computer to hold all your favorite Kindness Ideas</p>				

KINDACTS COMPLETED:        / 31