

April 2019- Random Acts of Kindness



1. No fooling – enjoy the day by planning summer fun activities
2. Give a Golden Book to a child
3. Celebrate Spring – plant small herb pots and give them to several neighbors
4. National Librarian Day- take a flowering plant to a library
5. Leave good wishes on sticky notes around a grocery store
6. Spend a few minutes in a church and give thanks
7. Smile at everyone you see
8. Give your mail person a \$10.00 bill and a big thank you
9. Call your Doctor's office and tell the Doctor how much you appreciate the staff
10. Send pizza to your favorite barber or nail salon
11. Spend time in your yard and fill a bird feeder
12. Take donuts to a pet shelter for a thank you to staff members
13. Get a hummingbird feeder and keep it filled
14. Leave a \$5 dollar bill where someone will find it
15. Make a new "pet friend" in your neighborhood
16. Clean out your garage and give a lot away
17. Invite a neighbor to a backyard picnic at your house
18. Buy tickets to a zoo and give them to a family
19. Send a note to a friend you have not heard from in a while
20. Enjoy a family game night with friends and or family
21. Easter – use the day to celebrate new beginnings of family and friend time together
22. Sign up for a summer volunteer project at a school
23. Go to a nursery and buy a flowering plant for yourself
24. Exercise for 5 minutes today or for 5 extra minutes today
25. Enjoy a phone conversation with a friend
26. Find a poem that you like and share it with others
27. April - animal abuse awareness month, make a donation
28. Take someone to a movie
29. Make cookies, brew tea and have a spring tea party with a few friends
30. Adopt a pet - even a goldfish counts

HAPPY EASTER

