



2026 KINDNESS CALENDAR

**make
kindness
the norm.**♥

randomactsofkindness.org

RANDOM ACTS OF KINDNESS FOUNDATION®

JANUARY 2026

**make
kindness
the norm.**

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RANDOM ACTS OF KINDNESS FOUNDATION

SCIENCE SPARK: STUDIES SHOW THAT PRACTICING SELF-COMPASSION LOWERS CORTISOL (THE STRESS HORMONE) AND STRENGTHENS EMOTIONAL RESILIENCE—MAKING YOU MORE LIKELY TO EXTEND KINDNESS OUTWARD.

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Celebrate something you did well last week.														Stretch, dance, or walk — thank your body for moving!														Clean up one small area to make it feel peaceful.														Say no when something feels too much — kindly and clearly.														Look at yourself and name one thing you're proud of.														Sit quietly for two minutes and notice what you hear or feel.														Eat a snack slowly, thinking about who helped grow or make it.																											
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Catch a mean thought about yourself — and change it to something kind.														Go outside and notice 3 beautiful things.														Draw a small seed. Inside the seed, write something you want more of (courage, calm, silliness, patience).														Listen to a song that makes you smile and move.														Go to bed a little earlier and thank your body for resting.														Change one "I have to..." into "I get to..."														Write down one thing you did today that made you proud.																											
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When you feel upset, stop and take 3 slow breaths.														Write or draw one kind thing you did today — big or small.														Watch something funny or tell a silly joke.														Take a break without guilt — nap, read, doodle, or stretch.														Look for three "tiny treasures" in your day — something pretty, something funny, and something that makes you feel safe.														Leave a kind note for yourself where you'll see it.														Feel the water, breathe, and imagine worries rinsing away.																											
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Do one kind thing for someone else — a smile, note, or hug.														Try something new — it's okay to make mistakes!														Step outside and soak up the sunlight.														Ask, "What do I need today?" — then do one small thing for yourself.														Tell a friend or family member what you like about them.														Name 3 good things that happened today.														Think about how being kind to yourself helped you be kind to others.																											

FEBRUARY 2026

make kindness the norm.

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RANDOM ACTS OF KINDNESS FOUNDATION

SCIENCE SPARK: EXPRESSING GRATITUDE AND LOVE BOOSTS OXYTOCIN (THE “BONDING HORMONE”), WHICH DEEPENS RELATIONSHIPS AND EVEN LOWERS BLOOD PRESSURE.

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1 Write three things you love about yourself.	2 Give a genuine compliment to three people today.	3 Text or message someone who helped you just to say thanks.	4 Make eye contact and share a genuine smile with at least five people today—at home, at school, or out in the world.	5 Hide notes of appreciation in lunchboxes, desks, or lockers.	6 Pick up litter or plant something green.	7 Take a photo of something beautiful or quirky around you — a cloud shaped like a heart, a stubborn little flower by the sidewalk — and send it to a friend with a simple “This made me think of you.”
8 Do something kind and invite others to “pass it on.”	9 Tell a classmate, coworker, or friend something you admire about them.	10 Write a love letter to yourself or someone special (it can even be your future self!).	11 Give your pet extra cuddles—or volunteer at a shelter.	12 Send a message or card to someone who taught you something valuable.	13 Make handmade valentines for neighbors, caregivers, or community helpers.	14 Cut out paper hearts, write kind words on them, and scatter them in shared spaces.

RANDOM ACTS OF KINDNESS WEEK FEBRUARY 15-21, 2026

15 Scroll until you see someone’s creative effort — a drawing, a recipe, a photo — and leave a genuine, specific compliment.	16 Ask someone, “What’s something good in your world today?” Then listen without rushing in to fix or compare.	17 Random Acts of Kindness Day! Do at least three acts of kindness—one for a friend, one for a family, one for a stranger.	18 We always trade the big news; today share a tiny victory. You’ll invite others to celebrate their small joys too.	19 Drop a surprise note in a library book.	20 Let someone merge in traffic, go ahead in line, or take their time when they’re flustered.	21 Make a playlist of songs that make you feel loved and send it to a friend.
22 Before bed, name one loving thing that happened today.	23 Shout out someone else’s accomplishment on social media.	24 Leave a kind chalk message on a sidewalk or driveway.	25 Bring a treat to share with coworkers, classmates, or neighbors.	26 Start a message thread where everyone adds something kind about someone else.	27 Write a loving reminder on your mirror (“You’re doing great,” “You are loved”).	28 Look back on your month of love—what act meant the most?

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MARCH 2026

SCIENCE SPARK: NEUROSCIENCE SHOWS THAT EXPOSURE TO DIVERSE STORIES BUILDS EMPATHY BY ACTIVATING BRAIN REGIONS TIED TO PERSPECTIVE-TAKING.

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1 Learn how to say "hello" in three new languages.	2 Read a children's book or short story from a culture different from your own.	3 Compliment someone on a unique trait or talent that's different from yours.	4 Try a new food from another country—bonus if you share it!	5 Ask a classmate or coworker about a family tradition they love.	6 Listen to music from a culture you've never explored before.	7 Host a "Story Swap"—pair up and share a five-minute story from your life that shaped who you are.																																																																																																		
8 Watch a documentary that highlights a different culture, ability, or experience.	9 Invite someone new to sit with you at lunch or a meeting.	10 Write a thank-you note to someone who challenged your perspective respectfully.	11 Share a story from your background that others might not know.	12 Celebrate a cultural or religious holiday you don't typically observe by learning about it.	13 Create a playlist of global artists and share it with friends.	14 Ask someone to teach you a skill or hobby they enjoy that you've never tried before.																																																																																																		
15 Explore a museum or virtual exhibit featuring diverse artists or histories.	16 Learn about a disability, neurodiversity, or accessibility innovation.	17 On St. Patrick's Day, share how your heritage or background shapes who you are.	18 Play a game or activity from another country.	19 Ask someone what kindness means to them—it might surprise you!	20 Post or share a quote celebrating diversity or unity.	21 Learn about someone who stood up for equality.																																																																																																		
22 Cook a recipe from a different culture and share photos or samples.	23 Invite someone to share their favorite tradition, then share one of yours in return.	24 Read a biography of someone with a life story very different from yours.	25 Start a "Kindness Mosaic"—have everyone contribute a small drawing, word, or symbol that represents what makes them unique, then combine them into one big display.	26 Celebrate Neurodiversity Week by learning about different ways people think and learn.	27 Invite someone from another group to collaborate on a project.	28 Share a favorite movie, book, or song that taught you empathy.																																																																																																		
29 Listen—really listen—to someone's story without interrupting.	30 Write a gratitude list that includes people who are different from you.	31 Host a "Celebrate Differences" day—encourage others to wear something or share something that represents who they are.	1	2	<p>FEBRUARY</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> </table> <p>APRIL</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> </table>		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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	S	M	T	W	Th	F	S	29	30	31	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
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APRIL 2026

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RANDOM ACTS OF KINDNESS FOUNDATION

SCIENCE SPARK: SPENDING TIME IN NATURE REDUCES STRESS AND BOOSTS MOOD. PAIRING THAT WITH ACTS OF CARE FOR THE PLANET DOUBLES THE FEEL-GOOD DOPAMINE REWARD.

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			Grow something green—then give a plant or cutting to a friend or neighbor.	Take a walk and notice the beauty around you. Whisper “thank you” to the trees, sky, and air.	Skip single-use plastic today—reuse, refill, or go without.	Choose a small place—your block, playground, or favorite trail—and keep it clean all month.																																																																																																		
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Carry a refillable water bottle and notice how good it feels to help the planet.	Lean against a tree — breathe in its calm strength.	Pick up trash safely with gloves or tongs. Every piece helps.	Identify three things you love about nature.	Send a note of appreciation to your local park staff, garbage collector, or recycling crew.	Spend one minute in sunlight.	Learn what happens when food scraps turn back into soil—and try composting!																																																																																																		
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Gift a reusable bag, bottle, or mug and inspire someone to do the same.	Plant bee and butterfly-friendly flowers. They’ll repay you in beauty.	Take five slow breaths outside—let the air remind you to slow down.	Create art inspired by the outdoors—then gift or display it to spread appreciation.	Donate clothes, books, or toys instead of tossing them out.	Skip the car for one trip today—move your body, lighten your footprint.	Tell someone their green habit (like using a bike or bottle) inspires you.																																																																																																		
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Take a shorter shower or turn off the tap while brushing—every drop counts.	Give a plant, seed packet, or herb cutting labeled “Grow Kindness.”	Watch the sunset or stars—no phones, just wonder.	Leave water for birds, sugar water for bees, or build a bug hotel.	Replace one disposable thing (napkins, wipes, straws) with a reusable version.	Make or find a playlist of nature sounds—rain, waves, birdsong—and share it.	With friends or family, each share one thing you love about the planet.																																																																																																		
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Pack or prepare a meal that leaves no trash behind.	Offer to help a neighbor, elder, or school garden grow.	Snap a photo in nature and share one Earth Kindness you practiced.	Join a local cleanup, plant a tree, or host a mini Earth Kindness challenge.	Step outside before bed, look up, and thank the Earth for another day.																																																																																																				

MAY 2026

SCIENCE SPARK: ACTIVE LISTENING INCREASES OXYTOCIN AND BUILDS TRUST. YOUR BRAIN ACTUALLY SYNCs WITH THE SPEAKER'S WHEN YOU LISTEN DEEPLY.

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26	27	28	29	30	1 Today, when someone talks, try not to interrupt until they're done.	2 When a friend or teacher is speaking, look up and show you're really listening.																																																																																																		
3 After someone tells you something, repeat a few words to show you heard them.	4 Share a story about a teacher who changed your world and invite others to share theirs.	5 Show teachers and staff some kindness with small tokens of appreciation such as flowers, chocolates, or breakfast treats.	6 Think of a nurse or teacher who helped you when things were tough and send them a thank-you note so they know you still remember.	7 Write hopeful messages and leave them on sticky notes near bulletin boards, break areas or other places that nurses or teachers will see them.	8 Organize a "chalk the walk" event at a local school or hospital. (make sure to get permission beforehand)	9 Deliver care packages to nursing stations, include items like hand lotion, lip balm, small snacks, and maybe even a coffee shop gift card.																																																																																																		
10 Hold the door, offer a warm smile, give up a seat, or share a calming quote with a healthcare worker you see.	11 Arrange to have a meal delivered to a nursing station. Don't forget to include school nurses!	12 Use community boards, social media, or local newspapers to highlight stories of exceptional nursing care.	13 Send a short voice message to say, "I'm thinking of you."	14 Try to learn one new thing about someone just by listening carefully.	15 When someone talks, listen for the feeling behind their words.	16 Say, "What's something you wish more people knew about you?"																																																																																																		
17 Sit outside for five minutes and just listen—to wind, birds, or rain.	18 When someone shares, say, "Tell me more about that."	19 Watch a short video or read a story from someone whose life is different from yours.	20 Ask a grandparent, teacher, or neighbor about something they remember from childhood.	21 When someone helps you at a store, smile, make eye contact, and say thank you.	22 Ask a friend, "How can I be a better friend to you?"	23 Read or watch something that teaches you about a new idea.																																																																																																		
24 Ask someone in your neighborhood what they love most about where you live.	25 If you're upset, take a deep breath.	26 Sit quietly with your pet—listen to their breathing or purring.	27 Tell someone you remember a kind thing they once said and let them know it still means a lot to you.	28 Write a note or draw a picture for someone who always listens to you.	29 At lunch, ask a friend a question and let them do most of the talking.	30 Read a story someone else loves and talk about what it means to them.																																																																																																		
31 Think of one time you listened with your heart—how did it make you feel?	1	2	3	4	<p style="text-align: center;">APRIL</p> <table border="1" style="font-size: small; width: 100%;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> </table> <p style="text-align: center;">JUNE</p> <table border="1" style="font-size: small; width: 100%;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> </table>		S	M	T	W	Th	F	S	29	30	31	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	S	M	T	W	Th	F	S	31	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
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RANDOM ACTS OF KINDNESS FOUNDATION

SCIENCE SPARK: PUBLIC RECOGNITION OF KINDNESS SPARKS A “HELPER’S HIGH” FOR THE GIVER, RECEIVER, AND ANYONE WITNESSING IT—THANKS TO MIRROR NEURONS IN THE BRAIN.

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
31 On your next walk smile as you pass others.	1 Chalk kind messages or drawings where others stroll or bike.	2 Each day, text or tag someone who brightened your world.	3 The next time you're with friends, family, or coworkers, take ten seconds to say one kind thing about someone in the group.	4 Tape up a poster in a shared space for people to share gratitude notes about others.	5 Leave cold drinks or thank-you cards for lifeguards, camp counselors, or park workers.	6																																																																																																		
7 Share lunch with someone who's been helpful this year.	8 Create a shared "Shine Together" playlist with songs that remind you of kind people.	9 After cleaning up a park or beach, invite others (online or in person) to do their own ripple act and share it forward.	10 Nominate a community helper (coach, nurse, bus driver) on social media.	11 Take a cheerful photo with someone who made you smile and share it with a thank-you caption.	12 When you're spending time with someone in your life, pause to tell them what you appreciate about them. A simple sentence can brighten the whole day.	13 Next time you're with friends, go around naming one kind thing about each person.																																																																																																		
14 On your next walk or drive, make it a point to wave or smile at the people you pass.	15 Set up a simple lemonade stand (or pitcher on the porch) and give a free cup with a handwritten kindness note attached.	16 Leave uplifting notes on benches or picnic tables for strangers to find.	17 Trade favorite summer books or recipes, each tagged with a kind note.	18 Create a list (smile at a stranger, pick up litter, compliment a cashier) and do it.	19 On walks or drives, wave to everyone you pass. It's contagious joy in motion.	20 Drop off popsicles or iced coffees to construction crews.																																																																																																		
21 Keep track of kind acts you see while traveling, then share your top three at month's end.	22 Host a backyard gathering where everyone shares a kindness story under string lights.	23 Watch the sunset with friends and each name one person you're thankful for.	24 Write names of people who've helped you shine this year; pick one daily and send them a thank-you.	25 On your town's Facebook page or neighborhood app, highlight someone doing good.	26 Leave positive reviews for local businesses or workers who went the extra mile.	27 At home, post kind things family members do so everyone can see the glow grow.																																																																																																		
28 Compliment swimmers, lifeguards, or parents helping kids learn.	29 When someone compliments you, "pass the praise" by recognizing another person right after.	30 End June with a gathering, picnic, or bonfire to celebrate everyone's bright acts.	1	2	<p style="text-align: center;">MAY</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> </table> <p style="text-align: center;">JULY</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> </table>		S	M	T	W	Th	F	S	26	27	28	29	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	S	M	T	W	Th	F	S	28	29	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
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RANDOM ACTS OF KINDNESS FOUNDATION

SCIENCE SPARK: EVEN SMALL, RANDOM ACTS OF KINDNESS RELEASE ENDORPHINS—THE BRAIN'S NATURAL PAINKILLERS—CREATING A LITERAL "WARM GLOW."

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7	8	9	10	11	12	13	2	3	4	5	6	7	8		Start your month with a "Kindness Firework"—do three kind things before bedtime!	Leave cheerful sticky notes on mirrors, lockers, or park benches with messages like "You rock!"	Help someone carry bags, tidy up, or complete a chore—they'll feel lighter (and so will you).	Offer to help a friend, parent, or classmate with something they find tricky. Team kindness!																														
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Donate toys, clothes, or books you've outgrown to a community center or charity shop.	Write a thank-you note or draw a picture for someone who helps you every day.	Pick up litter safely at a park or playground. A clean planet = a kind planet!	Start a Kindness Chain Reaction—do one good deed and challenge a friend to keep it going.	Share flowers, snacks, or a handmade card with a neighbor or classmate.	Record a short "You're awesome!" video or voice note for someone special.	Volunteer as a family—help at an animal shelter, garden, or community project.	Make bright, happy cards and secretly leave them where someone will find them.	Share a treat—ice cream, fruit, or cookies—with a friend. Sweetness shared = smiles doubled.	Hold doors open, smile at strangers, and give genuine compliments all day long.	Create a Kindness Coupon Book (free hugs, clean room, help with homework, game night).	Call or message a grandparent, teacher, or friend just to say, "You matter to me."	Leave a small thank-you note at your favorite shop or café.	Write a kind review or post online about a local place you love.	Make a "Thank You Snack Pack" (fruit, drink, note) for a delivery driver or worker.	Paint RAK Rocks with uplifting words and hide them around your community.	Offer to water a neighbor's plants or help walk their pet while they're busy.	Check in with a friend who's been quiet lately—listening is a superpower.	Drop off thank-you cards or baked treats to community helpers—like nurses or bus drivers.	Write a silly poem or draw a funny picture to make someone laugh today.	Let someone go first in line, pick the game, or choose the movie—share the spotlight.	Have a Family Kindness Scavenger Hunt! See who can do five good deeds the fastest.	Share your favorite happy song with a friend or make a "Kindness Playlist."	Offer cool drinks or fruit to outdoor workers, delivery people, or anyone braving the heat.	Add a few books to a Little Free Library—or start one with friends.	Use sidewalk chalk to write cheerful messages like "You're enough!" or "Have a great day!"	Glow check! Reflect on your favorite act of kindness this month and how it made you feel.																						

AUGUST 2026

SCIENCE SPARK: SOCIAL CONNECTION IS THE #1 PREDICTOR OF HAPPINESS AND LONGEVITY. KINDNESS TOWARD NEIGHBORS STRENGTHENS COMMUNITY SAFETY AND BELONGING.

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
26	27	28	29	30	31	1 Wave and say hello to five neighbors you don't usually talk to.																																																																																																		
2 Leave a cheerful note or flower on someone's doorstep.	3 Offer to help an elderly neighbor bring in their trash bins.	4 Organize a mini neighborhood cleanup or park spruce-up.	5 Share homegrown veggies, herbs, or fruit with a neighbor.	6 Leave chalk messages of encouragement on the sidewalk.	7 Write a thank-you note to your mail carrier or delivery driver.	8 Host a lemonade or popsicle stand—proceeds go to a local cause.																																																																																																		
9 Create a "Take What You Need" kindness box with snacks or toiletries.	10 Invite a new neighbor over for tea, coffee, or playtime.	11 Offer to walk someone's dog or feed their pets while they're away.	12 Make kindness bookmarks and leave them in library books.	13 Ask your local fire or police station what small gestures of thanks they appreciate most.	14 Start a shared community garden or plant pollinator-friendly flowers.	15 Make friendship bracelets and hand them out to classmates or coworkers.																																																																																																		
16 Host a potluck or "snack swap" where everyone brings a favorite dish.	17 Compliment three people today—bonus points if they're strangers.	18 Collect and donate gently used sports equipment or books.	19 Write encouraging words on stones and leave them around your neighborhood.	20 Offer to mow a neighbor's lawn or water their plants.	21 Surprise a friend or neighbor with a small act of service—wash their car, bring a meal, or pick up groceries.	22 Organize a back-to-school kindness supply drive.																																																																																																		
23 Share your favorite playlist or podcast that lifts your mood.	24 Learn your neighbors' names (and maybe their pets' names too!).	25 Host a "Kindness Movie Night" outdoors or in your living room.	26 Volunteer together as a family at a local food bank or shelter.	27 Write positive sticky notes and place them on mirrors, mailboxes, or bus stops with permission.	28 Make homemade thank-you cards for local teachers and school staff.	29 Offer to babysit or help with a carpool for a busy parent.																																																																																																		
30 Share a skill—teach a neighbor how to bake, garden, or play an instrument.	31 End the month with a neighborhood gratitude circle—each person shares one good thing about living where they do.	1	2	3	<p style="text-align: center;">JULY</p> <table border="1" style="font-size: small; width: 100%;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> </table> <p style="text-align: center;">SEPTEMBER</p> <table border="1" style="font-size: small; width: 100%;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> </table>		S	M	T	W	Th	F	S	28	29	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	S	M	T	W	Th	F	S	30	31	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
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SEPTEMBER 2026

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RANDOM ACTS OF KINDNESS FOUNDATION

SCIENCE SPARK: ACTS OF GENEROSITY LIGHT UP THE BRAIN'S REWARD PATHWAYS, GIVING THE GIVER THE SAME JOY RESPONSE AS RECEIVING A GIFT.

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
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		Leave a small note or treat for your mail carrier, delivery driver, or garbage collector.	Bake and share something sweet and deliver it to a neighbor, teacher, or friend.	Start Socktober early by collecting new socks throughout September to donate next month—your preparation today warms toes (and hearts) tomorrow.	Donate gently-loved treasures like books or toys so someone else can enjoy them.	Hand out compliment cards that tell people what makes them special.																																																																																																		
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Spread back-to-school cheer with sticky notes of encouragement hidden in lockers, desks, or library books.	Thank a teacher or mentor with a heartfelt note describing how they've inspired you.	Plant positivity by painting RAK rocks and scattering them around parks or trails.	Do a chore for someone else without being asked.	Start a generosity jar and add a coin or note each time someone does something kind, then donate what you've collected together at month's end.	Send a smile across miles by mailing a postcard or drawing to a faraway friend or relative.	Give the gift of time by helping with errands, homework, or yard work.																																																																																																		
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Hold the door (and a smile) for others.	Share your skills by teaching someone how to bake, draw, or play a song.	Grow a kindness tree in your classroom or office—add a paper leaf for each kind act witnessed until your branches bloom with good deeds.	Leave a generous tip or a note of appreciation for a café or restaurant worker.	Create a kindness coupon book filled with favors like "help with dishes," "one free hug," or "movie night of your choice".	Pick up litter while you walk and watch your generosity ripple through the environment as beauty replaces clutter.	Donate blood or encourage others to.																																																																																																		
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Surprise a stranger by paying for their coffee, bus fare, or parking.	Pass along a favorite book with a note about why it moved you.	Volunteer together as a family, class, or team.	Host a "swap day" where friends trade clothes, toys, or tools.	Create a ripple map—draw a big circle with your name in the middle, then add circles for every person your kindness reaches.	Pack an extra snack for school or work and share it with someone who forgot theirs.	Support local artists or shops by leaving a kind review, sharing their work online, or writing a thank-you note.																																																																																																		
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Give the gift of listening by setting down your phone and being fully present.	Make kindness bookmarks with inspiring quotes and slip them into library books so future readers discover unexpected encouragement.	Adopt a spot in your neighborhood—refill a Little Free Pantry, water community plants, or tidy a park corner.	Celebrate kindness stories by sharing moments of generosity from the month with your family or class—telling these stories keeps those joy pathways glowing bright.																																																																																																					

OCTOBER 2026

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RANDOM ACTS OF KINDNESS FOUNDATION

SCIENCE SPARK: THE BRAIN HAS A NEGATIVITY BIAS, BUT WHEN WE HIGHLIGHT KINDNESS, WE RETRAIN OUR NEURAL PATHWAYS TO NOTICE THE POSITIVE.

SUN

MON

TUE

WED

THU

FRI

SAT

SEPTEMBER

NOVEMBER

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SUN	MON	TUE	WED	THU	FRI	SAT
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			Join Socktober— donate new socks to warm someone's day (and toes!).	Notice one good thing someone does today and point it out aloud.	Write a sticky note naming one thing you appreciate about a family member and leave it where they'll find it.	
4	5	6	7	8	9	10
Start a "Good Things List" and write down three bright moments from your day.	Tell a friend the best thing you've learned from them.	Ask someone, "What's something good that happened this week?" and really listen.	Snap a picture of something beautiful you notice today and share it with someone to lift their mood.	Thank a teacher, coach, or mentor for a small moment they may have forgotten, but you never did.	Give a kind comment to someone—make it specific so it feels real.	Celebrate someone in your life by acknowledging one of their strengths and letting them know you've noticed it.
11	12	13	14	15	16	17
Invite someone to join you in doing something fun.	Compliment a kid's creativity, curiosity, or courage.	Do a small chore or helpful task.	Look for someone who's usually quiet and ask about something they love.	Share a story from your past where someone showed you kindness.	Leave a surprise "You're Doing Great" note in a public place.	Tell yourself one good thing about who you are - not what you do.
18	19	20	21	22	23	24
Celebrate someone's effort, not just their achievement.	Send a voice memo to a friend letting them know why you're grateful they're in your life.	Draw or doodle something and give it to someone with a nice note.	Give a sincere compliment to three people today.	Look in the mirror and name one thing you're proud of yourself for.	Ask someone, "What's something you're looking forward to?" and cheer them on.	Make a "Kindness Spotlight" at home or school where people can post good things they notice.
25	26	27	28	29	30	31
Share a kind memory with a family member who may need encouragement today.	Hold the door open for someone and greet them with a smile.	Offer to help someone learn, practice, or figure out something they've been working on.	Make a card for someone you've been thinking about and give/send it to them.	Take a walk and notice all the joyful things.	Leave a positive review for a local business.	Reflect on the biggest positive shift you noticed this month.

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RANDOM ACTS OF KINDNESS FOUNDATION

SCIENCE SPARK: GRATITUDE PRACTICES INCREASE DOPAMINE AND SEROTONIN, THE BRAIN'S NATURAL ANTIDEPRESSANTS, WHILE ALSO IMPROVING SLEEP AND REDUCING ANXIETY.

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
1 Start a gratitude list - write down one thing you're grateful for as soon as you wake up. Do this every day this month.	2 Leave a surprise gratitude note on someone's windshield, desk, or doorstep.	3 Tell someone something specific they do that makes your life easier.	4 Take a deep breath, relax your shoulders, and embrace the moment.	5 Send a short message to someone you haven't talked to in a while and let them know you're thinking of them.	6 Tell a teacher, coworker, or mentor how they helped you this year.	7 Donate gently used coats, scarves, or blankets.																																																																																																		
8 Cook or bake something simple and share it with a neighbor "just because."	9 Snap a photo of something beautiful you saw today and send it to someone who'd love it.	10 Offer to help someone with groceries, bags, or boxes.	11 Leave a handwritten note for your postal worker, delivery driver, or trash crew thanking them for their hard work.	12 Catch up with someone you've been thinking about and let them know.	13 World Kindness Day 2026!	14 Share a playlist that lifts your spirits.																																																																																																		
15 Spend 10 mindful minutes outdoors, noticing what you appreciate about the season.	16 Thank a healthcare worker, first responder, or community helper with a card and/or treat.	17 Give a plant or flower to someone who could use a little green in their space.	18 Invite someone new to lunch, coffee, or a walk.	19 Share a memory of someone you miss.	20 Drop a few coins into a donation bin next time.	21 Leave a book you loved on a community shelf.																																																																																																		
22 Offer a heartfelt apology to someone you've meant to reconnect with.	23 Send a "thank you for existing" text to someone who would never expect it.	24 Make a list of three things you appreciate about yourself.	25 Share a warm drink with someone.	26 Write a recommendation or positive review for a small business you like.	27 Hold the door open for as many people as you can.	28 Small Business Saturday 2026!																																																																																																		
29 Leave a kind comment on a community board, classroom wall, or social media space.	30 End the month with a gratitude letter.	1	2	3	<p>OCTOBER</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> </table> <p>DECEMBER</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>29</td><td>30</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> </table>		S	M	T	W	Th	F	S	27	28	29	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	S	M	T	W	Th	F	S	29	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
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DECEMBER 2026

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RANDOM ACTS OF KINDNESS FOUNDATION

SCIENCE SPARK: GIVING ACTIVATES THE BRAIN'S MESOLIMBIC SYSTEM (THE REWARD CENTER), PRODUCING A SENSE OF JOY AND FULFILLMENT OFTEN CALLED THE "GIVER'S GLOW."

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																																
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		Leave a note on a neighbor's door wishing them a bright end to the year.	Make a holiday card for someone who might feel lonely.	Make a little "thank-you" drawing or message for someone who helped you this year.	Donate warm socks, gloves, or hats.	Share a snack with a friend, classmate, or coworker.																																																																																																																
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Give someone your full attention.	Leave a kind review or happy comment for a small business or creator you like.	Create a "light the way" jar to fill with memories you make throughout the year.	Leave an extra big tip next time you order coffee.	Let someone go ahead of you in line.	Send a cheerful voice message to a friend or family member.	Gather coats or blankets and donate them.																																																																																																																
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Write or draw a thank-you note for a teacher, coach, or mentor.	Tell someone the story of a time they inspired you.	Give someone a compliment about who they are, not how they look.	Leave a small surprise or treat on someone's desk or doorstep.	Add some cans or snacks to a community food box or pantry.	Offer to help with a chore at home without being asked.	Hide "you matter" notes inside books at a library or school.																																																																																																																
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Tell someone something kind you noticed them do.	Drop off warm drinks (or ask an adult to help) for outdoor workers.	Make a happy playlist and share it.	Offer to take a picture for people trying to capture a moment.	Learn about blood donation or organ donation from someone with knowledge and authority and why it matters.	Tape a dollar or coin to a vending machine.	Offer to help someone.																																																																																																																
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Share a favorite book.	Compliment someone's effort.	Record a short "thank you" video for someone.	Help decorate or clean up for someone else.	End the year by writing or drawing five ways you brightened someone's life in 2026.																																																																																																																		