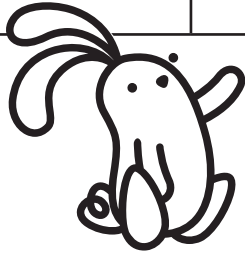
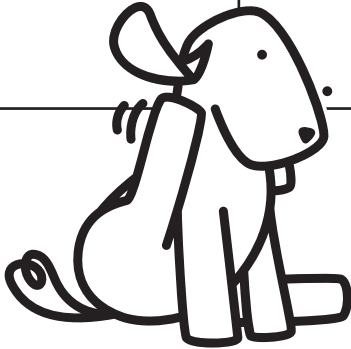


JANUARY 2017

RANDOM ACTS OF KINDNESS
FOUNDATION®

THEME: COMPASSION

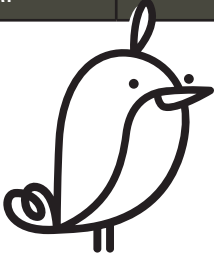
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Share this calendar to encourage others to practice RAKs in 2017 1</p> <p><i>New Year's Day</i></p>	<p>Leave a surprise treat for your mailman 2</p>	<p>Buy extra school supplies for your teacher 3</p>	<p>Find an interesting fact and post on social media to share with the world! 4</p> <p><i>Trivia Day</i></p>	<p>Help someone before they ask 5</p>	<p>Give a grocery store gift card to a single parent 6</p>	<p>Dedicate your birthday celebration to Random Acts of Kindness—start your list now 7</p>
<p>Donate pet food to a local shelter 8</p>	<p>Cook and share a meal with an older family member or neighbor. 9</p>	<p>Give a homeless person a blanket 10</p>	<p>Buy lunch for someone who is having a bad day 11</p>	<p>Make a thank you sign for your trash service attendant and leave it on your trash bins 12</p>	<p>Spend an extra 20 minutes doing something you love 13</p>	<p>Donate your time to a local charity 14</p>
<p>Smile at every stranger you see 15</p>	<p>Only say nice words to yourself, positive self talk 16</p> <p><i>Martin Luther King Jr. Day</i></p>	<p>Create care packs for the homeless 17</p>	<p>Take donuts to school for your teachers 18</p>	<p>Decorate tissue boxes and take to nurses at your local hospital 19</p>	<p>Write out positive self image notes and leave them in pockets of clothes at department stores 20</p>	<p>Offer a hug and a smile to someone who is having a bad day 21</p> <p><i>National Hugging Day</i></p>
<p>Movie and popcorn night with the family 22</p> <p><i>National Handwriting Day</i></p>	<p>Write a letter to someone who made a positive difference in your life 23</p>	<p>Compliment a parent on their child's behavior 24</p> <p><i>Compliment Day</i></p>	<p>Smile at everybody. It's contagious! 25</p>	<p>Give someone a hug who could really use one 26</p>	<p>Send flowers to someone who could use cheering up 27</p>	<p>Deliver balloons or treats to a children's hospital 28</p>
<p>Compliment the first 10 people you see today 29</p>	<p>Set out seeds for the birds 30</p>	<p>Spend time doing something creative you love 31</p> <p><i>Inspire Your Heart with Art Day</i></p>				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Drink more water 1	Be accepting of yourself 2	Breathe deeply, hold, slowly exhale 5 times 3	Eat ice cream for breakfast! 4 Eat ice cream for breakfast day
Practice positive self talk 5	Laugh often 6	Indulge in something you love 7	Exercise 8	Dedicate 5 minutes a day to sit with your own thoughts 9	Keep a gratitude journal 10	Take a long hot bath 11
Spend time with loved ones or treat yourself 12	Smile at everyone you see 13	Buy a bouquet of flowers and give to the cashier 14	Do something kind for a stranger 15	Tell others what they mean to you 16	Do something kind for someone you know 17	Be present for your children 18
<hr/> RAK WEEK FEBRUARY 12-18, 2017 #RAKWEEK <hr/>						
		Valentine's Day			RAK Day	
Do something kind for yourself 19	Spend an extra 10 minutes doing something your pet loves 20 Love Your Pet Day	Find a new book to read 21	Never stop pursuing your dreams 22	Write an entry in your journal about how very awesome you are 23	Watch a good movie 24	Spend time doing what you love doing 25
Stay in your pajamas and read all day 26	Take yourself out on a date 27	Plan a fun vacation 28				

MARCH 2017

RANDOM ACTS OF KINDNESS
FOUNDATION®


THEME: CARING


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Share a peanut butter treat with friends and family 1 Peanut Butter Lovers Day	Take cupcakes to your local bank 2	Hide \$1 dollar bills throughout dollar stores 3	Give up your parking spot 4
			Leave coupons in the store next to their items 5	Write positive sticky notes and place wherever you are: school, work, mall, library, etc. 6	Take old towels or blankets to a local animal shelter 7	Do something special for the women in your life 8 International Women's Day
Positive chalk art around your community 12	Take handmade cards and candy to a local nursing home 13	Celebrate Pi Day with Pie! 14 National Pi Day	Put encouraging notes on cars in parking lots 15	Do something special for an incredible kid in your life 16 Incredible Kid Day	Buy a lottery ticket for a gas station attendant 17	Make care packs for the homeless 18
Donate old clothes: leave positive notes in the pockets 19	Leave a treat in the mailbox for your mail delivery person 20	Make homemade bookmarks and leave in books at your local library 21	Give candy to your bank teller 22	Share pictures of puppies across social media 23 National Puppy Day	Make a bird feeder for your backyard or porch 24	Offer to watch your neighbor's house while they're out of town 25
Offer to take a photo for a family 26	Leave an inspirational note in a library book 27	Hold the elevator 28	Offer sunscreen, wipes, tissues, or hand sanitizer to someone who looks like they might need some 29	Send a thank you note to your doctor's office 30 National Doctors Day	Clean the snow off someone's car 31	

APRIL 2017

RANDOM ACTS OF KINDNESS
FOUNDATION®

THEME: ENVIRONMENTAL STEWARDSHIP

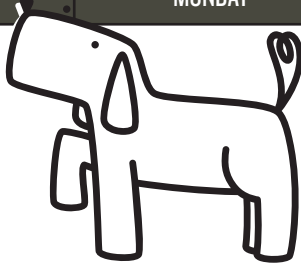
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Do an act of kindness instead of a prank 1 <i>April Fools Day</i>
Donate books to a local organization 2 <i>International Children's Book Day</i>	Measure your carbon footprint and make a list of ways you can help reduce environmental pollution 3	Write a thank you note to your school librarian 4 <i>School Librarian Day</i>	Walk anywhere you can today 5 <i>National Walking Day</i>	Compost food products to use in gardens 6	Drink lots of water. Eat a healthy meal. Get a good night's sleep. Repeat! 7 <i>World Health Day</i>	Shop with reusable bags 8
Take care of plants and trees and water them if you have them. If you don't, plant them 9	Send a card to your brothers, sisters or friends who are like family and tell them what they mean to you 10 <i>National Siblings Day</i>	Turn off lights when not in use 11	Avoid using disposable items when alternatives are available (plates, cups, etc.) 12	Build an outdoor fort 13	Make someone laugh today 14 <i>International Moment of Laughter Day</i>	Relax, order pizza, and watch an educational, but family fun movie. (The Lorax or Fern Gully) 15
Smile all day 16	Have game night instead of watching TV 17	Go on a nature walk or bike ride 18	Invite family or friends over for a mid-week dinner 19	Walk around your neighborhood and pick up trash 20	Clean up a trail, a park or riverbank 21	Have a picnic in your yard, on your patio or inside your house 22 <i>Earth Day</i>
Help eliminate plastic—buy reusable water bottles 23	Meatless Monday! Create a meal without using any animal protein 24	Pick up trash outside of your school 25	Smile at any administrative professionals you come in contact with 26 <i>Administrative Professionals' Day</i>	Take the kids to work 27 <i>Take Your Child to Work Day</i>	Plant a tree 28 <i>Arbor Day</i>	Recycle your trash 29
Save water - take a 2 minute shower 30						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Randomly leave flowers on your neighbor's doorstep 1	Tell the principal how great your teacher is 2	Spend time as a family doing crafts 3	Write a thank you note for the mail delivery person 4	Learn something new about the rich culture of Mexico 5	Put down the books and relax 6
<hr/> NATIONAL SCREEN FREE WEEK — May 1 - 7 <hr/>						
	May Day	Teacher Appreciation Day			Cinco De Mayo	No Homework Day
Compliment a friend 7	Give compliments with wild abandon 8	Call a friend you haven't seen in a while to say hello 9	Introduce yourself to someone new at school or work and have a conversation with them 10	Treat yourself! Eat what you want today 11	Send a bouquet of flowers to nurses at your doctor's office 12	Read a book with a child or to a senior 13
				Eat What You Want Day	International Nurses Day	
Ask mom what she'd like to do most today. Then do it! 14	Be the one to shift a negative conversation or stop gossip 15	Wear purple for peace today! 16	Record a video message for family or friends who are far away 17	Take time to visit with a family member you don't often see 18	If you know someone is having a rough time, call, text, or email to check in on them 19	Make a thank you sign for sanitation workers 20
Mother's Day		Wear Purple for Peace Day		Visit Your Relatives Day		
Tell a manager how good your service was 21	Compliment a parent on their child's behavior 22	Place lucky pennies (heads-up) in various places throughout today for others to find 23	Create a picture bouquet for a teacher with uplifting messages as the leaves 24	Leave happy notes around town on community boards 25	Make a get well card for someone 26	Call an older family member and let them know you were thinking about them and wanted to hear their voice 27
National Waiters and Waitresses Day		Lucky Penny Day				
Put a surprise note in your child or partner's lunch 28	Send a card to a service member 29	Text someone and let them know you're thinking about them 30	Call a family member you never see 31			

JUNE 2017

RANDOM ACTS OF KINDNESS
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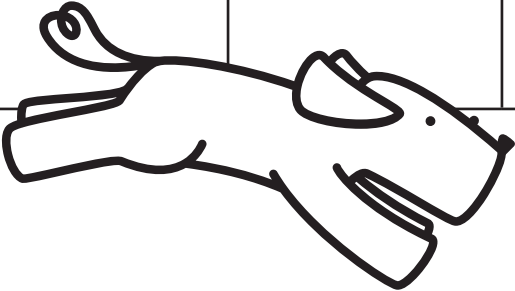
THEME: HELPFULNESS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Set the table for dinner 1	Go out for coffee & donuts with family and friends 2 <i>National Donut Day</i>	Do a chore for someone without them knowing 3
				Hug your cat and share a picture on social media #HugYourCatDay 4 <i>Hug Your Cat Day</i>	Donate food to a local food pantry 5	Give a lottery ticket to a stranger 6
Help weed a neighbor's yard 11	Offer to take care of someone's pet while they're away 12	Put extra change in a meter that's about to run out 13	Clean up without being asked 14	Smile at everyone you see today! 15 <i>National Smile Power Day</i>	Pay for the order behind you in line 16	Have a picnic. Keep it simple, take foods that don't require utensils 17
Spend the day with Dad doing one of his favorite activities 18 <i>Father's Day</i>	Run an errand for someone 19	Help someone carry their bags 20	Put stray grocery carts where they belong 21	Cover for a co-worker so they can leave early 22	Ask, "Can I Help You?" and then help them! 23	Volunteer at a soup kitchen 24
Donate clothing and books you don't need 25	Help someone before they ask 26	Leave coloring books and crayons in hospital waiting rooms 27	Help someone with yardwork 28	Give out hug coupons 29 <i>Hug Holiday</i>	Hold the door open for someone 30	

JULY 2017

RANDOM ACTS OF KINDNESS
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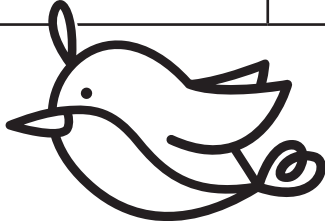
THEME: COMMUNITY

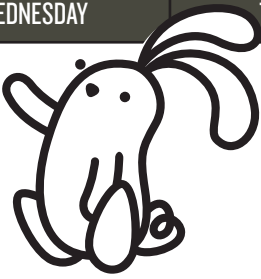
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Bury 'treasure' at a local playground (small toys, coins, etc.) 1 Second Half of the Year Day
Make a movie night bag (candy, popcorn & movie rental certificate) and leave it at your neighbor's front door 2	Walk dogs at the local animal shelter and/or visit the cats 3	Enjoy time with family and friends 4 Independence Day	Dry slides at the park after it rains 5	Send dessert to another family at a restaurant 6	Put aside differences and reach out to someone you love but often disagree with 7 Global Forgiveness Day	Stop at a neighborhood lemonade stand 8
Make a home cooked meal for a sick family member or friend 9	Host a picnic for your children and their teddy bears 10 Teddy Bear Picnic Day	Take homemade treats to the local police or fire station 11	Organize a potluck 12	Donate blood at a local blood bank 13	Leave quarters in grocery store vending machines 14	Anonymous chalk art at a local park or playground 15
Leave coupons in stores next to items 16	Donate dog or cat food to your local shelter 17	Pay for the toll, the coffee, the ice cream cone, the car wash for the person behind you in line 18	Pet sit for free 19	Donate reading books to a school 20	Clean up the area where you live by picking up litter and throwing it away 21	Offer to take a group or family photo while out and about 22
Hold the door open for others when the opportunity arises 23	Create a social media post with childhood pictures to share with all your cousins 24 Cousins Day	Buy a lottery ticket for the cashier 25	Let someone go in front of you in line 26	Smile at everybody. It's contagious!! 27	Create care packs for the homeless (socks, PB&Js, chapstick, etc.) 28	Make kindness stones and leave them at a park 29
Babysit a friend's kid(s) for free 30 International Day of Friendship	Get outside and enjoy the great outdoors 31					

AUGUST 2017

RANDOM ACTS OF KINDNESS
FOUNDATION®

THEME: FRIENDSHIP

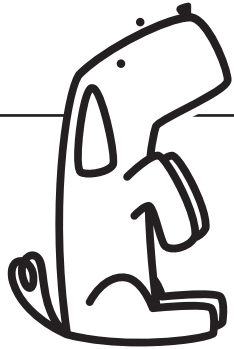
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Help someone move 1	Sit with someone who is eating alone 2	Ask a friend how they are and really listen 3	Encourage someone you know who is working hard at something 4	Pay for someone's lunch 5
Send a handwritten card to a friend you've lost touch with, but think of often 6 International Friendship Day	Go for a walk with someone and enjoy the day 7	Take flowers to a friend... just because 8	Hide positive messages in books at a library or local book store for strangers to find 9 National Book Lovers Day	Leave encouraging notes on co-workers cars or desks 10	Do a random act of kindness for a friend 11	Leave an anonymous movie package on a family's doorstep (DVD, popcorn and candy) 12
Make signs for your left handed friends to wear, "Lefties are in their right mind!" 13 International Left Handers Day	Spend the day saying only nice things about—and to—other people 14	Surprise a friend with their favorite candy or treat 15	Post a silly cartoon or joke on social media for others to enjoy 16 National Tell a Joke Day	Offer to take care of a friend's kid for free 17	Leave quarters in candy vending machines 18	Go out of your way to make a new friend 19
Make a personalized playlist for a friend or family member 20	Write a hand written note of encouragement to someone you care about 21	Offer to help a friend 22	Send positive text messages to all of your friends 23	Give hugs and high-fives generously 24	Surprise a friend with a special treat or visit 25	Forgive a friend you've been in an argument with 26
Call a friend you haven't spoken to in a while 27	Run an errand for someone 28	Spend time with a friend without any other distractions 29	Make treats to take to a local nursing home 30	Do a secret good deed for a friend or family member 31		

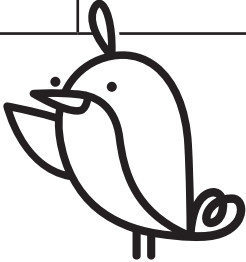
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
						Write a positive note to a classmate or co-worker 1 <i>Letter Writing Day</i>	Make kindness a priority 2
Gather friends for an outing 3	Relax! Do something you enjoy 4	Buy coffee for the person behind you 5	Spend 5 minutes in silence every day 6	Breathe deeply and let it go 7	Buy a new book! 8 <i>International Literacy Day</i>	Take 1 or 2 new Teddy Bear's to a local hospital or woman's shelter 9 <i>Teddy Bear Day</i>	
Do something nice for someone you don't normally get along with 10	Let someone go ahead of you in rush hour traffic or while standing in line 11	Be a positive person 12	Reflect on all the amazing things in the world-share a positive news story or quote on social media 13 <i>Positive Thinking Day</i>	Decorate sidewalks with chalk with positive messages 14	Organize your home environment. Check out 'The Life Changing Magic of Tidying Up' 15	Spend time enjoying the outdoors 16	
Send flowers to a family you've fallen out of touch with 17	Be courteous in traffic 18	Arrrrrue less. Love More Matey! 19 <i>International Talk Like a Pirate Day</i>	Write a list of 10 things you are grateful for. Share on social media. 20	Forgive someone you have been holding a grudge against 21 <i>World Peace Day</i>	Give an unexpected gift 22	Leave change at the laundromat to surprise strangers 23	
Be generous with compliments 24	Host a charity day at work 25	Bring flowers to a co-worker who you normally wouldn't consider doing something nice for 26	Smile all day 27	Bake sweet treats for a neighbor 28 <i>National Good Neighbor Day</i>	Treat yourself and someone else to a cup of coffee 29 <i>National Coffee Day</i>	Don't compare yourself to others 30	

OCTOBER 2017

RANDOM ACTS OF KINDNESS
FOUNDATION®

THEME: TEAMWORK

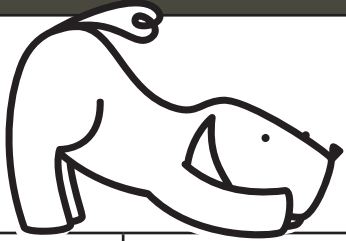
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Share your favorite vegetarian recipe on social media 1</p> <p>World Vegetarian Day</p>	<p>Start a book drive at school or work 2</p>	<p>Gather recipes from family & friends and create a recipe book to share with them 3</p>	<p>Become an organ donor 4</p>	<p>Share your favorite story with someone 5</p> <p>Do Something Nice Day</p>	<p>Smile at everyone. It's contagious! 6</p> <p>World Smile Day</p>	<p>Hold a neighborhood car wash 7</p>
<p>Organize a neighborhood clean up 8</p>	<p>Help someone who has dropped something 9</p>	<p>Sharpen pencils for your classroom 10</p>	<p>Write a positive note to a classmate or co-worker 11</p>	<p>Clean up after yourself 12</p>	<p>Help someone for free 13</p>	<p>Have dessert before dinner! 14</p> <p>National Dessert Day</p>
<p>Volunteer for a local community organization 15</p>	<p>Get together with your team and do something nice for your boss 16</p> <p>Boss's Day</p>	<p>Offer to help a co-worker with something 17</p>	<p>Share a positive blog post 18</p>	<p>Write a letter to yourself to send sometime in the future @ futureme.org 19</p> <p>National Evaluate Your Life Day</p>	<p>Pay for the person's meal behind you at a drive thru restaurant 20</p>	<p>Offer to help a neighbor with something 21</p>
<p>Make a random acts of kindness list with your friends 22</p>	<p>Cheer on a friend or co-worker. Tell them they're doing a great job! 23</p>	<p>Pay attention in class or a meeting 24</p>	<p>Start a RAK Club at school or in your community 25</p>	<p>Be polite on the road 26</p>	<p>Offer to help a friend with a home project 27</p>	<p>Treat yourself and someone else to a chocolate treat 28</p> <p>National Chocolate Day</p>
<p>Offer to help a family member with something 29</p>	<p>Gather friends and make cards & treat bags to take to a local nursing home on Halloween 30</p>	<p>Take cards and treat bags to a local nursing home 31</p> <p>Halloween</p>				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Write down all the great things you love about yourself 1	Tell someone face to face how much they mean to you 2	Share an experience with someone you love 3	Make a nice breakfast for yourself, your family, your friends, or whoever else is around 4
Make cookies for your neighbor 5	Share your favorite book with others via social media 6	Write a letter to someone who has made a positive impact in your life 7	Smile! You might just make someone's day 8	Donate a couple of dollars to your favorite charity 9	Buy a meal for a service person if the opportunity presents itself 10	Create a jar with special memories you have of someone and give it to them for their next birthday or special holiday 11
Identify a hidden hero and buy them a cup of coffee or special treat 12	Share positive posts across social media to fill up newsfeeds with kindness 13 International World Kindness Day	Go to a library or bookstore and explore the shelves with the young people in your life 14 Young Reader's Day	Write post it notes of gratitude for all your teachers 15	Share quotes on social media to promote world peace 16	Make a friend their favorite meal 17	Take a bouquet of flowers to the local hospital for the nurses 18
Forgive someone 19	Write a thank you card to your teacher or your child's teacher 20	Buy or make a dozen sandwiches and give out to those in need 21	Say thank you when you wake up and before you go to sleep 22	Reflect: Write out a gratitude list and share on social media 23 Thanksgiving	Participate in RAKFriday instead of (or alongside) Black Friday @ RAKfriday.com 24 RAKFriday	Support local businesses 25
Cook a healthy meal for your family and/or friends 26	Smile at everyone you see today 27	Call or write the closest people in your life and let them know how much they mean to you 28	Keep a jar filled with 'gratitude drops'-little notes of thanks. Read one for extra inspiration. 29	Take a day just for YOU 30 Stay At Home Because You Are Well Day		

DECEMBER 2017

RANDOM ACTS OF KINDNESS
FOUNDATION®

THEME: GENEROSITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Eat an apple or other healthy snack. An apple a day keeps the doctor away <i>Eat a Red Apple Day</i>	Donate a package of new socks to a local shelter
Organize a holiday toy drive 3	Collect canned food for a Food Bank 4	Compliment someone you don't know 5	Send a postcard to the last person who did something kind for you 6	Donate blood 7	Get a pack of cards and write holiday messages to seniors, then deliver to a local nursing home 8	Take someone to the movies 9
Send cards to family and friends 10	Hold the door open for someone 11	Leave change in a vending machine 12	Let someone go in front of you in line 13	Send thank you notes to the houses with the best holiday decorations 14	Donate used books to a library 15	Share a chocolate covered treat with someone you love 16 <i>National Chocolate Covered Anything Day</i>
Donate a new unwrapped toy 17	Take fresh baked cookies to a local nursing home 18 <i>Bake Cookies Day</i>	Make two lunches and give one away 19	Collect coats for a local shelter 20	Write a thank you card to your mail carrier 21	Give care packs to the homeless 22	Make a special treat like latkes and donuts and share with family & friends 23
Make hot cocoa to share 24	Clean out your closets and donate to a local charity 25	Pay the tab for the person behind you 26	Shovel snow for your neighbor 27	Return a shopping cart 28	Compliment 5 or more people today 29	Make a gratitude list for all the wonderful things you experienced this year 30
Let someone in front of you in traffic 31 <i>New Year's Eve</i>						