

snacks!

gratitude for

medial workers

kindness calendar

because kindness is an everyday gift of service.

june 2023



you care

about them

arts + culture						
MON	TUES	WED	THURS	FRI	SAT	SUN
more information on the june cause area visit pebbletossers.org/june			offer to mow a neighbor's lawn!	set up a lemonade stand in the neighborhood	3 visit a nursing home and bring flowers to share	4 make an arts + crafts kit to donate
celebrate PRIDE with cupcakes to share!	spend the day with a family member you haven't seen in a while	go out for ice cream and pay for the person behind you	host a group volunteer day to clean local rivers, lakes, beaches	9 make friends with a pen pal to send letters to!	organize a themed picnic with friends	National Children's Day items to the Foster Care Support Fnd.
avoid single-use plastic for the whole day	write notes of appreciation for store and restuarant employees	donate books for youth in foster care	visit a local arts + culture festival with friends!	DIY jewelry to donate to an LGBTQ+ youth center	tell 3 family members 3 things you apprecate them for	serve at a shelter in honor of father's day
Juneteenth support black businesses and celebrate Juneteenth!	Day connect with a resettlement community near you and donate	make a snack station for delivery drivers	bake cookies to share with your local firestation!	pick up a new hobby to start with a friend	offer to buy groceries for a friend who is struggling	go on a solo morning stroll
gift a family member their favorite	hand-write and decorate letters of	find ways to show someone	eid-Ul-Adha offer a cold bottle of water	30 journal about what you were grateful for this		do samo

to someone

working outside

month