

july 2023

global awareness



MON

TUES

WED

THURS

FRI

SAT

SUN

1 pay bus or train fare for someone in need



2 invite a new neighbor over for dinner!



3 treat a friend to a night out at the movies!

Fourth of July
host an ice pop party at a senior care facility!



5 send a family member who lives far away a thoughtful card

6 visit a park you haven't visited before and pick up litter



Chocolate Day
surprise a family member with their favorite treats!

8 make and donate disaster relief care packages

9 write 3 positive reviews for 3 local businesses

10 change 3 things in your routine that will help the environment

11 make dinner for a friend who is going through a hard time

12 spend a day at the aquarium and learn about marine care!

13 volunteer at or donate blood at a blood drive

14 go on a hike with friends and plog!

15 visit a library and check out a book on global awareness



National Ice Cream Day
offer someone working outside ice cream!

17 shop at a refugee-owned business!

18 watch a TED Talk about a topic that interests you

19 wake up early and make breakfast for everyone!



20 DIY a bird feeder to put in the front yard!

21 become a regular donor at a nonprofit of choice!



22 write a letter to your younger self

National Parents' Day
serve with friends at Helping Mamas

24 donate toys to the Foster Care Support Foundation

25 free day! find ways to be kind to others



National Disability Independence Day
learn about this day's history and share with family!

27 revisit a favorite childhood memory and write about it

28 spend an afternoon at the King Center

29 host a pizza night with friends you haven't seen in a while

Share a Hug Day
give someone you care about a BIG hug!

31 check the pool lost and found; ask to donate used towels to animal shelters!



more information

on the July cause area visit pebbletossers.org/july