


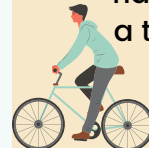
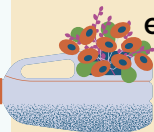






# august 2023



## education

MON	TUES	WED	THURS	FRI	SAT	SUN
	<p><b>1</b> donate school supplies to a local public school</p> 	<p><b>2</b> make a list of activities to do with a friend this month</p>	<p><b>3</b> plant a tree in memory of someone</p>	<p><b>4</b> volunteer to be a dog walker at an animal shelter</p> 	<p><b>5</b> write birthday cards to elders at senior care centers</p>	<p><b>Friendship Day</b> surprise a friend with their favorite snacks!</p> 
<p><b>7</b> wake up early to do morning yoga!</p>	<p><b>8</b> leave \$10 under a box of baby formula at the store</p>	<p><b>Book Lover's Day</b> donate childhood favorite books to Everybody Wins! Atlanta</p>	<p><b>10</b> go on a bike ride around a trail route</p> 	<p><b>11</b> host a pop-up service project to hand out free water</p>	<p><b>12</b> learn about the world's oceans by watching a documentary!</p>	<p><b>13</b> pull out some paper and a pen and doodle to your heart's content</p>
<p><b>14</b> find ways to upcycle everyday items!</p> 	<p><b>15</b> FREE DAY! find ways to show kindness to those you meet</p>	<p><b>16</b> take an hour to finally read the book you've been wanting to read!</p>	<p><b>Nonprofit Day</b> become a regular donar at a nonprofit</p>	<p><b>18</b> host a Period Pack party with friends and family</p>	<p><b>Honeybee Awareness Day</b> visit a bee farm and learn all about bees!</p>	<p><b>20</b> volunteer to read to elementary students</p> 
<p><b>National Poets Day</b> start a journal to collect your favorite poems!</p>	<p><b>22</b> reconnect with an old friend or family member</p> 	<p><b>23</b> explore a different part of town and learn about its history</p>	<p><b>24</b> remember to take care of yourself and do what you love most today!</p>	<p><b>25</b> plan a spontaneous trip with friends!</p> 	<p><b>26</b> offer to make dinner for a family member who is struggling</p>	<p><b>27</b> plan a family movie night with old time classics!</p>
<p><b>28</b> reflect on your personal growth and recognize how far you have come</p>	<p><b>29</b> invite the family out to visit a new restaurant</p>	<p><b>30</b> put on your favorite tunes and dance!</p> 	<p><b>31</b> ask someone how their month went and listen to them intently</p>			

**more information**  
on the August cause area  
visit [pebbletossers.org/august](http://pebbletossers.org/august)