

## kindness calendar

because kindness is an everyday gift of service.

## april 2024

hour to plan

your may

kindness

goals

donation to a

youth service

nonprofit



## environment

MON	TUES	WED	THURS	FRI	SAT	SUN
april fools  pull a kind april fools prank on a friend!	text words of encouragement to someone this morning	3 walk, bike, or carpool to school or work today	DIY a bird feeder from a milk carton	5 surprise your mail carrier with a thank you note in the mail box	swap out disposable products with reusables (get creative!)	world health day volunteer at or donate blood at a blood drive
go on an evening walk and pick up any litter you find	eid-al-fitr  make snack  packs to  donate	the first 5 people you meet today	volunteer at an animal shelter!	project out of scrap materials	avoid using plastic the entire day	wake up early to watch the sunrise
cards to CHOA patients who are celebrating this week!	16 find creative ways to reuse, recycle, reduce your everyday routine	write 3 positive reviews online for 3 small businesses	18 find ways to conserve water today	save trees and check out a book from the public library	20 Explore a different part of your town and learn about its history	national volunteer week find a way to be kind and spread kindness
volunteer to serve the Earth!	art tools + craft materials by donating to Scraplanta	check in with family you haven't seen in a while	your space and donate items to FCSF	global youth service day register to serve with with family this weekend	create a board card game with scrap materials and make up the rules!	stop food waste day avoid food waste + clear the fridge before the next grocery trip
29 make a	30 spare an					

## more information

on the april cause area visit pebbletossers.org/april