










# july 2024



## global awareness

MON	TUES	WED	THURS	FRI	SAT	SUN
<p>1 make a list of kindness goals to complete this month!</p>	<p>2 pay the bus or train fare for someone</p> 	<p>3 host an independence day cook-out at Covenant House Georgia!</p> 	<p><b>4th of July</b> show your patriotism by volunteering</p>	<p>5 avoid using single use plastics for the whole day</p>	<p>6 leave a cooler w/ water bottles inside at a local park</p> 	<p>7 write positive reviews for a local summer attraction spot</p>
<p>8 make hygiene packs to donate and include sunscreen!</p> 	<p>9 check the neighborhood pool lost n found &amp; ask to donate towels to animal shelters!</p>	<p><b>National Kitten Day</b> sign up to read to cats with FurKids</p>	<p>11 visit the aquarium &amp; ask the caretaker questions about the marine life!</p>	<p>12 study a new language &amp; do a deep dive on its history</p> 	<p>13 cook an international dinner and research its cultural history!</p>	<p><b>National Mac &amp; Cheese Day</b> host a M&amp;C cook out at Safehouse Outreach</p>
<p>15 support small businesses by buying local</p>	<p>16 watch a TED talk on a global topic that interests you</p>	<p>17 donate to the Pebble Tossers back-to-school drive!</p> 	<p>18 challenge friends &amp; family to a park clean-up contest</p>	<p>19 buy &amp; gift MARTA cards to individuals experiencing homelessness</p>	<p>20 give 10 compliments to 10 strangers you meet today</p> 	<p><b>National Ice Cream Day</b> host an ice cream party at My Sister's House</p>
<p>22 offer to water a neighbor's plants while they're on vacation</p> 	<p>23 DIY an eco-friendly project using items from around your house!</p>	<p><b>Tell an Old Joke Day</b> text 5 people an old joke!</p>	<p><b>National Intern Day</b> if you know an intern, recognize their hard work!</p>	<p><b>National Disability Independence Day</b> learn about this day's history and share with family</p>	<p>27 start the art project you kept putting off and stick to it</p>	<p>28 deliver warm meals to a friend who was feeling down this week</p>
<p>29 learn a new skill and stick to it for the whole week!</p>	<p><b>Friendship Day</b> invite friends for a meal &amp; share how much you care for them!</p>	<p>31 spare an hour to plan your August kindness goals</p> 				

more information

on the July cause area visit [pebbletossers.org/july](http://pebbletossers.org/july)