

# Daily Acts of Kindness

Do something good every day!

*APRIL 2023*

							01 Say thank you
02 Donate old blankets	03 Gift an inspiring book	04 Join a bone marrow registry	05 Throw out trash	06 Compliment a colleague	07 Put a note in a library book	08 Make homemade soup	
09 Feed the birds	10 Smile at a stranger	11 Say I love you	12 Spend time in nature	13 Plant a tree	14 Send a get-well card	15 Hold the door open	
16 Participate in Good Deeds Day	17 Donate baby formula	18 Recycle	19 Call an old friend	20 Serve at a soup kitchen	21 Donate your hair	22 Learn CPR	
23 Pet sit	24 Apologize	25 Help a friend move	26 Walk or run for charity	27 Donate toys	28 Help change a flat tire	29 Donate blood	
30 Read to children							