

MARCH 2024

make kindness the norm.

SUNDAY

MONDAY







TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

						1 Create a care package for someone who is going through a tough time.	 2 Eat a healthy snack today																																																																																																															
3 Leave a surprise gift or note for a neighbor. 	4 Discover your family tree and share your findings with your relatives.	5 Plan a weekend getaway in nature and unplug from all electronic devices.	6 Use less plastic and be more conscious about recycling.	7 Show your love! Send your mother or maternal figure a large bouquet of flowers or thoughtful gift.	8 Forgive an old grudge.	9 Pack extra lunches and hand them out to those in need.																																																																																																																
10 Take the children in your life out for a fun afternoon in an amusement park.	11 Relax by planting new flowers in your garden.	12 Help a stranger in need (for ex. help fix a flat tire).	13 Learn the names of your receptionist, security guard, and custodians.	14 Pick a street and write "Have a great day!" on every driveway in colorful chalk.	15 Contribute a small sum of money to grant a wish of a foster youth.	16 Host a potluck dinner and suggest guests bring a dish from their original or adoptive culture.																																																																																																																
17 Encourage a young person to pursue their dreams and offer help to achieve their goals.	 18 Take a hot bath. Soak in a hot tub, preferably with epsom salt and aromatherapy oils.	19 Surprise your local market's cashier with a flower and thank them for all their hard work.	20 Spend the afternoon reading some poetry or a novel from your favorite author.	21 Put coins in an expired parking meter.	22 Listen to an upbeat playlist while you're getting ready or on your commute to work. 	23 Do an act of kindness for someone and encourage them to pay it forward.																																																																																																																
24 Invite a small group of friends out for a fun night of bowling.	25 Create your own fun tradition with family or friends.	26 Make an effort to be more authentic.	27 Create a kindness idea basket for coworkers to add to and grab ideas from.	 28 Babysit, dog sit, or cat sit for free.	29 Go to a park and spend a relaxing afternoon taking nature photos.	30 Organize a volunteer activity with friends.																																																																																																																
31 Write a kind note on a sticky note and leave it in a public place where someone will find it.	<table border="0"> <tr> <td colspan="7" style="text-align: center;">FEBRUARY</td> <td colspan="7" style="text-align: center;">APRIL</td> </tr> <tr> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td> </tr> <tr> <td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td> <td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td> </tr> <tr> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> <td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td> </tr> <tr> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> <td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td> </tr> <tr> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> <td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td> </tr> <tr> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>1</td><td>2</td> <td>28</td><td>29</td><td>30</td><td>1</td><td>2</td><td>3</td><td>4</td> </tr> <tr> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> <td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td> </tr> </table>						FEBRUARY							APRIL							S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	28	29	30	31	1	2	3	31	1	2	3	4	5	6	4	5	6	7	8	9	10	7	8	9	10	11	12	13	11	12	13	14	15	16	17	14	15	16	17	18	19	20	18	19	20	21	22	23	24	21	22	23	24	25	26	27	25	26	27	28	29	1	2	28	29	30	1	2	3	4	3	4	5	6	7	8	9	5	6	7	8	9	10	11
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