

2019

RANDOM ACTS OF KINDNESS FOUNDATION

JANUARY 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

		<p>1</p> <p>Write a list of your hopes & goals for 2019</p> <p>New Year's Day</p> 	<p>2</p> <p>Call your parents, grandparents or an older relative just to say hi</p> 	<p>3</p> <p>Make a donation to a cause you care about online</p>	<p>4</p> <p>Take extra winter hats & gloves to a school for children who don't have them</p>	<p>5</p> <p>Instead of asking for birthday presents this year, ask friends & family for donations</p>
<p>6</p> <p>Start learning a new skill - something you've always wanted to try but haven't</p>	<p>7</p> <p>Donate tissues & hand sanitizer to a school to help combat flu season</p> 	<p>8</p> <p>Next time someone is rude to you, don't get upset: try to understand their point of view</p>	<p>9</p> <p>Surprise a friend or family member with hot chocolate</p> 	<p>10</p> <p>Smile at everyone you see all day long</p> 	<p>11</p> <p>Research your family tree & share what you learned with other relatives</p>	<p>12</p> <p>Go to a movie you've been wanting to see by yourself</p> 
<p>13</p> <p>Make a thank you card for your local firefighters</p> 	<p>14</p> <p>Share your favorite recipe with a neighbor</p>	<p>15</p> <p>Leave extra stamps by the machine at your local post office</p> 	<p>16</p> <p>Donate coloring books & crayons to a children's hospital</p>	<p>17</p> <p>Remember to turn off the water while brushing your teeth</p> 	<p>18</p> <p>Send a print of a picture you took of a friend or their child</p>	<p>19</p> <p>Make a bucket list & start by completing one thing on it by the end of the day</p>
<p>20</p> <p>Respectfully write about a social cause you care about & post it online</p> <p>Day of Social Justice</p>	<p>21</p> <p>Learn something new about someone different from you</p> <p>Martin Luther King Day</p>	<p>22</p> <p>Video chat with a relative you haven't seen in awhile</p>	<p>23</p> <p>Help someone brainstorm for an upcoming project</p> 	<p>24</p> <p>Compliment ten people before noon (on their clothes, smile, anything you can think of!)</p>	<p>25</p> <p>Do an act of kindness for someone & encourage them to pay it forward</p>	<p>26</p> <p>Buy a box of your friend's favorite flavor of Girl Scout Cookies & give it to them</p>
<p>27</p> <p>Hang clothes to dry instead of using the dryer</p> 	<p>28</p> <p>Bring your teacher, boss, or coworker coffee in the morning</p>	<p>29</p> <p>Make cards for the residents at your local nursing home</p> 	<p>30</p> <p>Be polite to telemarketers (not just today, but every day)</p>	<p>31</p> <p>Pack someone a lunch for the day</p> 	<p><i>Pay it forward</i></p>	

FEBRUARY 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

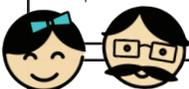
THURSDAY

FRIDAY

SATURDAY

3
Figure out a friend's half birthday & surprise them with a treat on that day

4
Read inspirational kindness quotes on our website for a pick-me-up

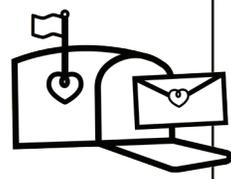



5
Hold the door open for a group of people
Lunar New Year

6
Invite someone new to sit with you during lunch



7
Make a homemade card to send to a friend on the other side of the world
Send A Card Day



8
Tell a friend all the things you love about their family



9
Take someone new in your neighborhood on a tour of the city
Groundhog Day

10
Make a list of 10+ RAKs you've been wanting to do & pledge to do them all by the end of the week

11
Fill plastic bags with snacks & travel toiletries to keep in your car to give to homeless people

12
Leave a pack of baby wipes at a random changing station

13
Start a fundraiser online or at your school

14
Make a Valentines card for everyone in your class / office
Valentines Day

15
Write inspiring notes to leave on random cars in a parking lot

16
Publicly bring attention to the accomplishments of someone that deserves more recognition

17
You have 24 hours: perform as many acts of kindness as you can!
RAK Day

18
Randomly give a lottery ticket to a stranger
President's Day

R

19
Acknowledge someone when they walk into the room

A

20
Buy a new toy for your pet or a pet you know

W

21
Share your notes or study guide with a classmate that's been out sick

E

22
Carry around packets of hand warmers to give to people in need

K

23
Follow @rakfoundation on Instagram to add kindness to your social feed



24
Donate supplies to a random teacher via a online classroom wishlist



25
Respond to emails / texts in a timely fashion - people don't like feeling ignored

26
Treat a friend or stranger to a beverage



27
Learn how to say "please" & "thank you" in 5 different languages

28
Listen to an upbeat playlist while you get ready in the morning



Random Acts of Kindness

MARCH 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Smile

3

Research fun facts about an animal you don't know much about

World Wildlife Day

4

Expand your circle of friends by inviting someone new to town to hang out

5

Learn something new about a different culture

6

Make an effort to start every conversation you have today on a positive note

7

Send tissues to a school for spring allergy season

1

Smile & greet strangers on the street

2

Offer to do someone's laundry

10

Look in the mirror & point out 10 things you like about your body

Daylight Savings

11

Remember to bring a travel mug for your morning coffee

12

When someone does something nice for you, give them a handwritten thank you card

13

Offer to help a friend study for an upcoming presentation or exam

14

Help a person get out of an awkward situation

8

Dive into the history of a woman who made an impact on history

Intl. Women's Day

9

Remind a forgetful friend that Daylight Savings is tomorrow

17

"Accidentally" drop a dollar to make a stranger feel lucky

St. Patrick's Day

18

Slip a note of gratitude under a sibling, parent or roommate's door

19

Ask & remember the names of people you consistently see on a daily basis

20

Do five things that make you happy

Intl. Day of Happiness

21

Praise a coworker or classmate on a recent project they worked hard on

Holi

15

Make plans with that person you've been putting off seeing

16

Write for fun: whether it's for a story, poem or your journal - put your pen to paper

24

Learn how to say Hello in 10 different languages

25

Start reading a book that's been collecting dust on your shelf

26

Join an online support group

27

Share your favorite tidbits of life advice with someone

28

Leave a positive comment on a social media post you enjoyed

22

Take a shorter shower than usual to conserve water

World Water Day

23

Donate used towels & blankets to an animal shelter

National Puppy Day

31

Support a crowdfunding project

29

Buy stuffed animals & donate them to a police station or fire department

30

Give a thank you note to your doctor

National Doctor's Day

APRIL 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

Tell a cheesy joke to a friend to make them smile

April Fool's Day

2

Wake up early to exercise before you go to work or school

3

Start a piggy bank for a cause



10

Write a note to give to your sibling with everything you love about them

National Siblings Day

4

Leave a reusable grocery bag in a shopping cart with a note that it's free for the taking

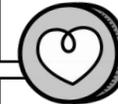
5

Don't interrupt others while they are talking



12

Tape quarters to parking meters



6

Leave laundry detergent & a bag of quarters with a kind note at a laundromat

7

Eat three balanced, healthy meals and exercise

World Health Day



8

Do a chore without being asked

9

Make an effort to not complain for the whole day



16

Give an umbrella to a stranger on the next rainy day

17

Laugh at someone's joke (even if you don't find it funny)

18

Remember that no one is perfect & we all make mistakes

19

Take the time to write a great online review for a restaurant you love

20

Go on a hike & pick up all the trash you see along the trail

Passover

14

Help someone carry their groceries to their car



21

Fill plastic eggs with kind notes & hide them around your city

Easter

15

Write a list of 10 things you're grateful for when you first wake up



22

Attend a local, volunteer cleanup effort

Earth Day

23

Donate some of your old books to a library or children's shelter

World Book Day

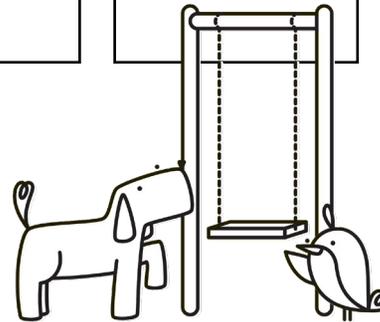
24

Unplug all the outlets in your house before you leave



25

Dry playground equipment with a towel after it rains



26

Dedicate a song to a friend or partner on their favorite radio station

27

Hold a food bank drive in your community

28

Fix something around the house that you've been procrastinating

29

Apologize & make amends with someone you were mean to

30

Say "Happy Birthday!" to someone outside of Facebook



MAY 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Learn about holidays celebrated by cultures different from your own **5**
Cinco de Mayo
First Day of Ramadan



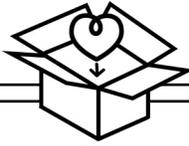
Send flowers to the nurses station at your local pediatrician's office **6**
Nurses Day



Email a former teacher that impacted you **7**
Thank a Teacher Day

Tape cash or a lottery ticket to a gas pump **1**

Tell your principal how awesome your teacher is **8**



Give a candy bar to your bus driver **2**

Send a "studying survival" care package to a family friend in college **9**

Go out of your way to be extra nice to someone you don't really like (they may surprise you!) **3**

Resolve to be more authentic in your day-to-day life **10**



Volunteer to read at a local nursing home **4**

Paint compliments on a pot, plant a seed, & give it to a friend **11**

Treat your mom (or a mom you know) to a spa day **12**
Mother's Day



Pay off overdue student lunch debt **13**



Do a favor without asking for anything in return **14**

Wheel a neighbor's trashcan / recycling bin out for pick-up **21**

Research & draw out your family tree to give to an older relative **15**
Intl. Day of Families

Plant a tree in your yard or community (make sure to ask if it's OK!) **16**
Love a Tree Day

Commute to work or school via bike, public transportation, or carpooling **17**

Lend a friend your favorite book or movie **18**



Donate a "birthday box" (cake mix, candles, party hats, etc.) to a local shelter **19**



Create as many cards as you can with a friend to donate to a nursing home **20**

Leave exact change in the change slot of a vending machine **22**



Write a positive review for a local business online **23**

Foster an animal that's up for adoption **24**



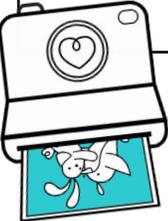
Visit your local zoo or aquarium **25**



Plant flowers in a public, neglected part of town **26**

Send hand-drawn thank you cards to veterans **27**
Memorial Day

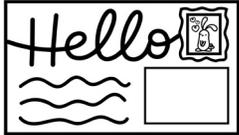
Print a photo with a friend & give it to them **28**



Share about something that changed your life with someone struggling **29**

Make an herb garden out of mason jars to grow in your kitchen **30**

Stamp postcards, give them to strangers & encourage them to get back in touch with someone **31**



JUNE 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

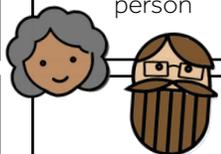
SATURDAY



2
Put a dish of fresh water outside your house for your neighbor's dogs to enjoy



3
Be extra enthusiastic when someone tells you good news
Eid al-Fitr



4
Offer your seat to a pregnant, elderly, or handicapped person



5
Learn something new about the planet by watching a nature documentary
World Environment Day

6
When you finish reading a great book, leave it in a public place for someone to find



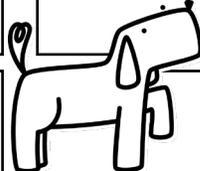

7
Congratulate someone you know who has recently graduated

1
Donate brain games and art supplies to a school or children's hospital
Intl. Children's Day

9
Paint positive words on rocks & place them around town

10
When you notice a neighbor doing yardwork, offer them a cold beverage

11
Offer a piece of gum to a stranger



12
Schedule a check-up with your doctor or dentist

13
If you know someone self-conscious of their health or weight, offer to exercise with them

14
Take a picture of yourself wearing an article of clothing someone gave you & send it to them

15
Give your leftovers bag from dinner to a homeless person

16
Do something with or for your dad that he loves
Father's Day



17
Share produce from your garden with your neighbors

18
Help a friend write a cover letter or apply to jobs

19
Offer to babysit or petsit for free

20
Bring treats to give to dogs at the park (be sure to ask the owner if it's OK!)

21
Send a pump-up playlist to a friend going through a hard time



22
Bake cookies & deliver them to your local police station

23
Spread the word about a local business you love in your community

24
Using sidewalk chalk, create an inspirational pathway



25
Put a cold drink by your mailbox for the postal worker delivering your mail

26
Wipe down the gym equipment when you're done using it

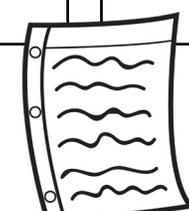


27
Fill a birdhouse with seed for your yard

28
Go on a walk for 30 minutes & pick up every piece of trash you see

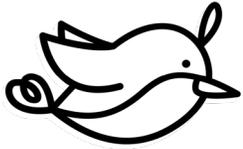
29
Write a letter by hand to someone who's made a difference in your life

30
Create homemade bookmarks to donate to your local library

JULY 2019

SUNDAY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
Place a happy or positive sign in your front yard

2
Send someone you care about a nice text right before you go to bed

3
Offer to water your neighbor's flowers

4
Let someone cut you in the checkout line at the store
Independence Day

5
Buy a souvenir for someone next time you travel away from home

6
Plan a neighborhood block party so everyone can get to know each other

7
Tape kind notes to chocolate bars & hand them to strangers
World Chocolate Day

8
Share a funny picture, video or article

9
Surprise someone with a thoughtful, inexpensive gift

10
Change three small things about your routine that help will the environment

11
Offer to mow your neighbor's lawn while they are out of town

12
Leave pool toys with a kind note at your local swimming pool

13
Share an motivating quote or story with someone who inspires you

14
Fill a basket with everything a newborn baby needs & drop it off at a local hospital

15
Donate some of your clothes to a local community outreach center

16
Stop to have a conversation with a homeless person

17
Volunteer to take photos of animals up for adoption

18
Leave a jar of wishing pennies by a fountain

19
Remind a child to always be kind, respectful, & compassionate

20
Build a "free little library" box for your yard or donate books to one nearby

21
Compliment a random parent on how well-behaved their child is

22
Leave heads-up pennies on the sidewalk

23
Buy lemonade from a child's stand

24
Sign an online petition pertaining to a cause you care about

25
Decorate your bathroom mirror with positive sticky notes

26
Give a \$5 fast food gift card to a stranger

27
Clean up a mess that wasn't yours

28
Experiment with something new

29
Forward your change from the drive-thru to the next person in line

30
Text five old friends to let them know you're thinking about them
Intl. Day of Friendship

31
Become a pen pal to a sick child in a different part of the world



AUGUST 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

4

Buy food from a local farmer's market



5

Start a lemonade stand & donate the profits to charity

6



Stock a new backpack full of school supplies for a child in need

7

Do chores for a family member that could use some extra free time

1

Tell your parents how much you appreciate all that they've sacrificed for you

Respect for Parents Day

8



Donate homemade cat toys to a shelter

National Cat Day

2

Declutter your home by recycling old electronics

9

Stand up for someone or something you believe in

3

Leave sunscreen & kids sunglasses at the beach

10



Bury little toys in a playground sandbox for kids to "discover treasure"

11

Frame an old picture & send it to a friend or family member

12

Tip your server 50%



13

Make "spa beauty care packs" with nail polish, lotion, etc. to give to random women

14

Introduce yourself to your neighbors



15

Treat yourself to your favorite take-out food, get cozy, & watch a movie

National Relaxation Day

16

Buy flowers to hand out to strangers on the street

17

Offer to wash someone's car for free

18



Practice mindfulness

19

Relay an overheard compliment to the person it was about

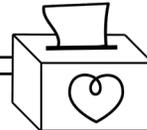


20

Leave a positive comment on a news article or blog post

21

Donate school supplies to a local public school



22

Cook a meal for a senior citizen



23

Give thanks for everyday things, not just extravagant gifts or gestures

24



Hand out cold drinks to strangers in the park

25

Offer to help a friend move into their new home

26

Volunteer to walk shelter dogs that are up for adoption

National Dog Day

27

Say please & thank you

Thank you

28

Decorate tissue boxes & hand sanitizer to donate to a nurse's station

29

Leave a container of bubbles or a hula hoop at your local park

30



Sign up to run / walk a 5K for a cause

31

Put quarters in a gumball machine



SEPTEMBER 2019

SUNDAY

1
Put a couple quarters in an expired parking meter

8
Say something encouraging to a parent whose child is throwing a tantrum in public

15
Place little containers of bird seed at the park for strangers to feed the birds

22

Work a shift in a soup kitchen

29
Watch a documentary about something you don't know much about

MONDAY

2
Take a moment to kick back, relax, and appreciate the little things in life
Labor Day

9
Give a heartfelt note to your boss or mentor


16
Frame a friend's favorite quote & give it to them

23
Set an alarm on your phone to remind you to do (at least!) one RAK a day

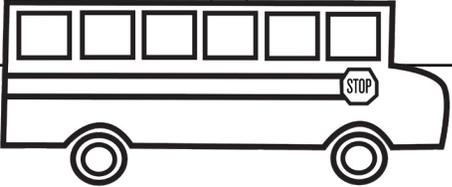
30
Teach someone how to make your favorite healthy meal
Rosh Hashanah

TUESDAY

3
Reconnect with an old friend on social media


10
Donate new pajamas to children in foster care


17
Stick up for someone when they are being gossiped about

24
Wave at kids riding a school bus


WEDNESDAY

4

Keep a pen on hand & give it to the first person that asks to borrow it

11
Make a card for someone who just underwent surgery


18
Thank the maintenance and cafeteria staff at your school or office

25
Introduce yourself to someone new

THURSDAY

5
Donate to a friend's favorite charity in their name
Intl. Day of Charity

12
Send an encouraging email to a friend or coworker
Day of Encouragement

19
Give someone an unexpected compliment


26
Give a plant to your teacher, boss or coworker


FRIDAY

6
Leave a kind note for a stranger in a library book
Read a Book Day

13

Teach someone a new trick about using the Internet

20
Write positive messages & put them in pants pockets at a clothing store

27
Don't speak over other people

SATURDAY

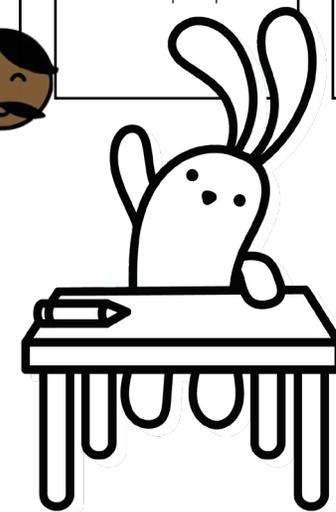
7
Ask someone under a lot of pressure how you can help


14

Clip or print inspirational news stories to leave in hospital waiting rooms

21
Forgive someone that you've been holding a grudge against
Intl. Day of Peace

28
Deliver treats or flowers to a neighbor's house
Good Neighbor Day



OCTOBER 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

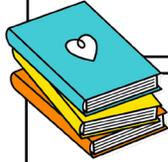
Hello

6
Sign up to become a literacy tutor at a local school or library

7
Tape a video message to send to a faraway friend

8
Donate dog and/or cat food to an animal shelter
World Habitat Day

9
Pay a stranger's library fees
Yom Kippur



10
Reach out to someone you know going through a tough time & let them vent
World Mental Health Day



11
Write a letter to a woman who has made a difference in your life
Intl. Day of the Girl

12
Teach a child or teenager techniques for being financially responsible

13
Draw a picture for a friend



14
Clip coupons & put them next to corresponding items at the grocery store

15
Leave a bucket of old toys & tennis balls at the dog park



16
Write a poem for your parents



17
Make care bags to give to homeless people



18
Stop to offer directions to someone who looks lost

19
Make a friendship bracelet & give it to a new friend



20
Paint positive messages on pumpkins



21
Collect socks you don't need & donate them to a "Socktober" drive

22
Accomplish one task on your bucket list

23
Be patient on the road - allow drivers merge into traffic

24
Go to a coffee drive thru & pay for the order behind you

25
Tape a bag of microwave popcorn to a DVD rental machine

26
Talk to a stranger at a party that looks like they don't know anyone

27
Donate old Halloween costumes to a children's hospital
Diwali

28
Make homemade play-doh to donate to a preschool class

29
Volunteer to cover a coworker's shift



30
Make monster sock puppets to give to kids



31
Compliment as many Halloween costumes as you can
Halloween

NOVEMBER 2019

SUNDAY



3

Get some fresh air & exercise by trying a new outdoor activity

Daylight Savings

MONDAY



4

Send flowers anonymously to a receptionist

TUESDAY

Bring an extra snack to give away before you leave your house



WEDNESDAY



6

Tell someone why they are special to you

THURSDAY

Spend an hour doing something to reduce the stress in your life

Stress Awareness Day

FRIDAY

Buy discount Halloween candy to give to kids who didn't get the chance to trick-or-treat

1

SATURDAY

Become CPR certified so you can be prepared in the event of an emergency

2

10

Write positive messages on bathroom mirrors with a dry erase marker

Intl. Students Day

11

Make homemade cards for a retirement community

Veterans Day

12



Donate canned goods to a food bank

13

Fill a jar with candy & compliments to give to a friend or family member

World Kindness Day

14

Hang a positive note or news clipping on a bulletin board



21

Say "hello" to someone you don't know

World Hello Day

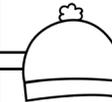
8

Invite some people in your neighborhood over for a potluck dinner



15

Research different charities & donate to your favorite



22

Leave hats, gloves, and/or blankets on a park bench for strangers in need

9

Rake leaves for an elderly neighbor



16

Volunteer to play board games at your local nursing home

Intl. Day for Tolerance

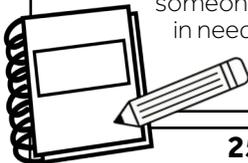
17

Proofread a college-bound student's application essay

Intl. Students Day

18

Buy a warm meal for someone in need

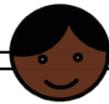


25

Start a gratitude journal & begin by writing 10 things you love about your life

19

Hand out notes with compliments on them to friends



26

Hold your tongue - don't correct someone even if you think they're wrong

20

Buy a bunch of balloons & hand them out to random kids you see around town

27

Invite someone who will be alone tomorrow to come to your home for dinner

21

Say "hello" to someone you don't know

World Hello Day

22

Leave hats, gloves, and/or blankets on a park bench for strangers in need

23

Write a nice comment on your friend's blog or social media post



30

Do 35 jumping jacks right when you wake up to get your adrenaline pumping

24



Ask a senior citizen to tell you their life story

Day of Listening

29

Celebrate "RAK Friday" instead of Black Friday & do as many acts of kindness as you can

28

Reflect on all the good people / things in your life & say thank you as much as possible

Thanksgiving

Gratitude

DECEMBER 2019

SUNDAY

1
Make someone a homemade blanket or scarf



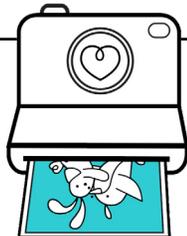
8
Offer to cook a meal for a family that just had a baby

15
Offer to help your neighbor shovel snow



22
Research a scientific topic that interests you

29
Offer to take a picture of a couple trying to take a selfie



MONDAY

2
Ask an acquaintance how their family celebrates the holidays

9
Remind yourself that everyone has their own struggles & cut someone some slack

16
Put candy canes on car doors in a parking lot



23
Invite someone whose family is faraway to have dinner with yours
Hanukkah

30
When you use a gift card, tell the cashier to apply the leftover balance to the next person in line

TUESDAY



3
Donate what you can to an online fundraiser
Giving Tuesday

10
Research a cause & pass on the knowledge you gain to others
Human Rights Day

17
Tell a manager about outstanding customer service



24
Call someone in your family you haven't seen in awhile
Christmas Eve

31
Reflect on everything you accomplished this year & take time to be grateful
New Year's Eve

WEDNESDAY

4
Reuse or personalize gift wrap to reduce waste during the holidays

11
Tie scarves around trees for a cold stranger



18
Donate toys to a children's hospital and/or homeless shelter

25
Give sincere, handwritten thank you notes to all that made your holiday special
Christmas

THURSDAY

5
Purchase something for someone in need on a public wishlist



12
Slip a \$5, \$10, or \$20 bill into a box of diapers

19
Re-fold the rumpled clothes on store display tables

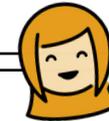


26
Take a picture with your family to send to an older relative
Kwanzaa

FRIDAY

6
Give a note from Santa to a child you know

13
Tidy up a store's dressing room before leaving



20
Be understanding of traveling parents with grumpy / noisy kids

27
Donate some of the presents you got but don't need to an orphanage



SATURDAY

7
Say yes to the cashier next time they ask if you want to donate \$1 to whichever cause

14
Leave a generous tip for your server



21
Start a conversation with a stranger while waiting in line

28
Compliment your neighbor's holiday lights and/or decorations