



Community Kindness Calendar

May 1st: Tell Someone you are grateful for them

May 2nd: Give someone a compliment

May 3rd: Bake treats for a classroom, coworkers or your local fire department

May 4th Support a local artist

May 5th: Write “get well” cards & deliver them to local hospitals

May 6th: Leave a kind note for a stranger

May 7th: Thank a teacher

May 8th: Assemble care kits for the homeless

May 9th: Donate old blankets & towels to an animal shelter

May 10th: Buy the person behind you coffee

May 11th: Thank a front line worker

May 12th: Support/donate to your favorite organization

May 13th: Donate old books

May 14th: Leave a basket of food for a family who is struggling or make a donation to Feeding America

May 15th: Community Clean Up! Visit mca80238.com for more information

May 16th: Cheer on the 2021 graduates at the Graduation Car Parade. Visit mca80238.com for more information

May 17th: Leave a kind, positive comment on social media

May 18th: Spend time in nature & try walking or biking instead of driving

May 19th: Plant a tree in memory of someone

May 20th: Send cards, notes or flowers to a nursing home resident

May 21st: Support a local business

May 22nd: Participate in the Community Garage Sale. Visit mca80238.com for more information.

May 23rd: Donate gently used clothes

May 24th: Lift up the community by sharing chalk art with kind messages

May 25th: Go a full day without complaining

May 26th: Paint rocks & leave them throughout the community

May 27th: Collect baby clothes & supplies and donate to new parents who need them

May 28th: Call an old friend or family member you haven’t talked to in a while.

May 29th: Let someone go ahead of you in the checkout line

May 30th: Give someone flowers or a plant

May 31st: Self-care: Do something for you & write yourself a love letter





May Community Kindness Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

| | | | | | | |
|---|--|---|---|---|--|---|
| | | | | | | 1 Tell someone you are grateful for them |
| 2 | 3 | 4  | 5 | 6 | 7  | 8 |
| 9 | 10  | 11 Thank a frontline worker | 12 | 13  | 14 | 15  |
| 16  | 17 | 18  | 19  | 20 | 21 Support a local business | 22  |
| 23 | 24 | 25 Go a full day without complaining | 26 | 27  | 28 | 29 |
| 30  | 31 | | | | | |

NOTES

