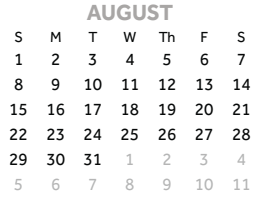
SEPTEMBER 2027





SUN	MON	TUE	WED	THU	FRI	SAT
		31	1 Offer to help a friend with something on their to-do list.	2 Let someone go ahead of you in line.	3 Remind someone who's facing a challenge that you believe in them.	4 Give something you no longer use to someone who could use it. Make sure it's in good condition.
5 Check in with someone who's been going through a difficult time. Listen without feeling the need to fix everything.	6 Hold the door for someone and make their day a little easier.	7 Write a letter of appreciation to someone whose encouragement has made a difference in your life.	8 Do a chore for someone without being asked.	9 Share a favorite local business with family and friends. A thoughtful recommendation can make a difference.	10 Ask someone, "What's one thing I can take off your plate today?"	11 Let someone merge in traffic. A little patience can make the road kinder.
12 Celebrate someone's hard work, especially if the results aren't visible yet.	13 Send a thinking-of-you package, card, or message to someone who could use a pick-me-up.	14 Offer to help someone prepare for an upcoming event, project, or busy day.	15 Leave a generous tip if you can, along with a note of appreciation.	16 Remind someone of a strength you admire in them.	17 Help someone carry their bags or another heavy load.	18 Give someone permission to take a break by offering to handle a small responsibility.
19 Thank someone whose effort often goes unnoticed.	20 Share a useful resource, tip, or opportunity with someone who might benefit from it.	21 Offer a little extra patience to someone who seems to be having a difficult day.	22 Ask someone how you can best support them, rather than assuming what they need.	23 Cheer someone on as they work toward a goal. A few encouraging words can go a long way.	24 Make an everyday task easier for someone by offering a helping hand.	25 9•2•5 Day: In honor of Dolly Parton, donate a new or gently loved children's book to a Little Free Library or local organization.
26 Notice something thoughtful someone does behind the scenes. Let them know their kindness and effort haven't gone unnoticed.	27 Offer to run an errand or pick something up for someone who has a lot on their plate.	28 Send a message of encouragement to someone starting something new or facing a big change.	29 Support someone by respecting their need for rest, space, or a change of plans.	30 Think of someone who could use a little extra support. What's one small thing you can do to lighten their load?	1	2

Visit our site for even more kindness ideas: https://www.randomactsofkindness.org/kindness-ideas

© The Random Acts of Kindness Foundation