

**make
kindness
the norm[®]** 

randomactsofkindness.org

RANDOM ACTS OF KINDNESS FOUNDATION[®]

Welcome to a Year of Kindness!

A new year brings 365 opportunities to make the world a little kinder.

Each month brings a new theme and simple, meaningful ways to spread kindness: to yourself, to others, to your community, and to the world around you.

From **Imagine What's Possible** in January to **Wrapped in Kindness** in December, we'll explore kindness through creativity, compassion, and care for our shared world. Along the way, we'll discover that kindness isn't just something we give to others. It's something we deserve, too.

There's no right or wrong way to participate. Follow along each day, choose the ideas that speak to you, or let them inspire kindness of your own. Every act matters, no matter how small.

Here's to a year of possibilities and little acts of kindness that make a big difference.

Let's make kindness the norm!

The Random Acts of Kindness Foundation



Ready to spread love, hope and kindness?

Join us today to help create a world where kindness is the norm.

Sign up now to become a RAKtivist® and start your kindness journey with us!

Together we can make 2026 the most compassionate year yet.



**IMAGINE
WHAT'S
POSSIBLE.** 

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RANDOM ACTS OF KINDNESS FOUNDATION®

JANUARY

2027

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	1	2 List three things you want to leave behind in 2026 and three things you want to carry forward.
3 Read an article, listen to a podcast, or watch a talk about something you want to know more about.	4 Think of one memory you want to make this month.	5 Create a vision board where your hopes and goals can grow.	6 Share a resource, opportunity, or piece of advice that could help someone take their next step.	7 Ask yourself, "What if this turned out better than I imagined?" and write down three possibilities.	8 Learn to cook a new dish.	9 Ask someone you admire how they got started, overcame a challenge, or discovered a new path.
10 Think of something you've been putting off and take one small step toward making it happen.	11 Write a letter to your future self, seal it, and put it somewhere you'll find it later on.	12 Visit a new neighborhood, trail, museum, or local business and see what you discover.	13 Spend 15 minutes learning a practical skill that could open a door for you someday.	14 Give yourself permission to change your mind, start over, ask for help, or try something imperfectly.	15 Take a picture of something that represents growth, hope, or a fresh start to you.	16 What talent or skill comes naturally to you that you could apply in a new way this year?
17 In memory of Betty White, show a little extra love to animals today. Donate to a local shelter, share an adoptable pet's profile, or adopt a new animal.	18 Try one small thing that takes you outside your comfort zone.	19 In memory of Dolly Parton, "Find out who you are. And do it on purpose."	20 What is one thing you wish were different in your community? Imagine one way you could help make it happen.	21 Revisit something you once wanted to do. Does it still excite you? Why not do it now?	22 Pick up a new hobby and give yourself permission to make mistakes and be a beginner.	23 Think of something that didn't go as planned. What did it teach you, and what new possibility might it open up?
24 Choose one thing you keep saying you'll do someday and start it today.	25 Help someone imagine what's possible by encouraging a dream or idea they've shared with you.	26 When you're unsure what comes next, list three different ways the situation could unfold.	27 Write down one question you've always wondered about, then spend a few minutes finding the answer.	28 Use your creativity to come up with three steps toward a big goal.	29 Invite someone to try something new with you.	30 Name one thing you're excited about and share your excitement with someone.
31 What is one small thing you are looking forward to next month? Keep that excitement going.	1	2	3	4	<div> <div>DECEMBER</div> <div> <div>S M T W Th F S</div> <div>29 30 1 2 3 4 5</div> <div>6 7 8 9 10 11 12</div> <div>13 14 15 16 17 18 19</div> <div>20 21 22 23 24 25 26</div> <div>27 28 29 30 31 1 2</div> <div>3 4 5 6 7 8 9</div> </div> <div> <div>FEBRUARY</div> <div> <div>S M T W Th F S</div> <div>31 1 2 3 4 5 6</div> <div>7 8 9 10 11 12 13</div> <div>14 15 16 17 18 19 20</div> <div>21 22 23 24 25 26 27</div> <div>28 1 2 3 4 5 6</div> <div>7 8 9 10 11 12 13</div> </div> </div> </div>	

CELEBRATE KINDNESS.

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the norm** 

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RANDOM ACTS OF KINDNESS FOUNDATION®

FEBRUARY

2027

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	Make a list of things you're thankful for and do something to celebrate those things.	Think of one thing you're proud of yourself for, then say it out loud in the mirror.	Tell a friend something you genuinely appreciate about them.	Rewatch a movie or television show that you loved growing up.	Notice a small win and give yourself the credit you deserve.	Write down three things you like about yourself. Put them somewhere you can see every day.																																																																																																		
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Remember someone who showed you kindness when you needed it. What made their kindness meaningful?	Journal about something that's made you happy recently.	Celebrate someone's achievement, big or small.	Set a photo you love as your phone background and appreciate the memory behind it.	Tell yourself, 'Thank you,' for something you've done to take care of yourself.	Send a card to celebrate a friend's birthday or milestone.	Read a book from your childhood.																																																																																																		
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RANDOM ACTS OF KINDNESS WEEK																																																																																																								
Celebrate someone who makes your world a little brighter. Tell them why they matter.	Look for kindness happening around you today. Celebrate what you notice.	Send a handwritten thank-you note to someone whose efforts often go unnoticed.	Random Acts of Kindness Day! Celebrate by sharing kindness and encouraging someone else to join in.	Think of a favorite act of kindness you've witnessed or experienced. If possible, pass it on!	Give someone a genuine compliment about something you admire in them.	Share a story of kindness with someone who needs a smile.																																																																																																		
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Name one thing your younger self would love about your life right now.	Reflect on your favorite memory from today.	Write a heartfelt note to someone who made a positive impact in your life.	Recognize someone who makes your school, workplace, or community a kinder place.	Take a moment to appreciate something beautiful in your everyday surroundings.	Name three things you did well today, no matter how small.	Remember a tradition or celebration that brings you joy. Share it with someone.																																																																																																		
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Finish the month by celebrating one way kindness made a difference in your life.																																																																																																								

THE RIPPLE EFFECT.

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RANDOM ACTS OF KINDNESS FOUNDATION®

MARCH

2027

SUN

MON

TUE

WED

THU

FRI

SAT

28	1 Do something kind for someone else and notice what happens.	2 In memory of Dr. Seuss, show someone you care about them. Even the smallest act can help make things better.	3 Leave a positive note in a public place. You never know who might find it at just the right time.	4 When someone does something kind for you, find a way to pass that kindness along.	5 Let someone know how their kindness, encouragement, or example has influenced you.	6 Invite someone to join you in an act of kindness. See what you can accomplish together.																																																																																																		
7 Keep track of kind acts you witness today. Notice how people respond and what happens next.	8 Act the way you want other people to act. Your example can travel farther than you think.	9 Do one small thing that lightens someone's load. A little support can make room for something good.	10 Share a story about a kindness you've experienced. Your story might inspire someone else's next act.	11 Leave a shared space better than you found it. Your example may encourage others to do the same.	12 Reflect on a time helping someone changed you. How did that experience influence what you did next?	13 Give someone your full attention when they share something exciting.																																																																																																		
14 Start a chain of kindness by doing something thoughtful and inviting someone else to pass it along.	15 Show appreciation for someone who helps your community. Recognition can inspire continued kindness.	16 Leave your favorite book with a kind note at a neighborhood free library.	17 Share a helpful idea or resource that someone else could pass along.	18 Choose patience in a frustrating moment. Your response can help set the tone for everyone involved.	19 Reach out to someone facing a difficult day.	20 In memory of Mr. Rogers, think of someone whose care has shaped your life. Honor their example by showing that same care to someone else.																																																																																																		
21 Make kindness the norm in a group you're part of. Invite others to help create a welcoming environment.	22 Celebrate someone else's success. Your encouragement may give them confidence to take their next step.	23 Offer to teach someone something you know. Sharing what you've learned helps others grow.	24 Thank someone whose behind-the-scenes efforts make life easier for others.	25 Do a kind thing without expecting anything in return.	26 Introduce two people who could learn from, support, or encourage one another.	27 Think of a kind habit you've learned from someone else. Practice it today.																																																																																																		
28 Share something useful that you no longer need with someone who could benefit from it.	29 When you notice someone being left out, make room for them.	30 Tell someone about a small act of kindness you witnessed. Help the good get noticed and remembered.	31 Look back on the kindness you shared, received, or witnessed this month. Which ripple would you like to keep going?	1	<div> <div>FEBRUARY</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> </table> </div> <div> <div>APRIL</div> <table> <tr><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></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> </table> </div>		S	M	T	W	Th	F	S	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	1	2	3	4	5	6	7	8	9	10	11	12	13	S	M	T	W	Th	F	S	28	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7	8
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**OPEN
HEARTS,
OPEN
DOORS.** 

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RANDOM ACTS OF KINDNESS FOUNDATION™

APRIL

2027

SUN

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WED

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MARCH

MAY

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		30	31	1	2	3 In memory of Jane Goodall, open your heart to another living thing. Notice how even the smallest act of care can make a difference.
4 Open the door to something new: find a local event and add it to your calendar.	5 Give someone the benefit of the doubt and leave room for grace.	6 Learn one fun fact about the place you grew up.	7 Invite someone to join you in an activity or conversation. A simple invitation can make someone feel welcome.	8 Consider how you want to show up for others today. Choose one way to make someone feel seen or supported.	9 Explore a new perspective and make room for a point of view beyond your own.	10 Go somewhere nice within your budget—even a picnic—and be open to a change of scenery.
11 Ask someone about a tradition, interest, or experience that's meaningful to them. Listen with curiosity.	12 Treat today like a fresh start. Give yourself permission to approach something differently.	13 Make room for someone in a conversation or group activity. Help them feel included.	14 Honor someone you miss by sharing what made them special.	15 Look up the story behind your name. What does it mean to you?	16 Take a different route today and see what you discover.	17 Ask for support when you need it. Being open to help is a strength.
18 Make someone feel welcome in a space you share, whether it's at home, school, work, or in your community.	19 Spend a few minutes people-watching. Be curious about the many lives unfolding around you without making assumptions.	20 Write a short blurb about yourself that celebrates what makes you you.	21 Offer someone the opportunity to share an idea before offering your own.	22 Plan a little time without your phone or a set agenda. See what catches your attention.	23 Leave the door open for a cherished memory. Think of someone or something that still brings you joy.	24 Try something someone else enjoys, even if it's outside your usual interests.
25 In memory of RAK's friend Marissa, download her coloring book at randomactsofkindness.org and share a little creativity and kindness with the world.	26 Learn one fun fact about the place you live now.	27 When someone shares a different opinion, ask a thoughtful question before responding.	28 Create space for someone else's needs or preferences in a decision you make together.	29 Think about a door someone once opened for you. How could you offer a similar opportunity to someone else?	30 Close the month with an open heart. What's one new perspective, connection, or possibility you'll carry forward?	1

BLOOM TOGETHER.

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MAY

2027

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
25	26	27	28	29	30	1 Grow something green and practice nurturing something over time.																																																																																																		
2 Get creative and give yourself permission to experiment.	3 Spend 15 minutes outside and notice what's growing, changing, or alive around you.	4 Share something you've learned that could help someone else grow.	5 Try a new-to-you fruit or vegetable.	6 Watch a nature documentary and learn something new about the world we share.	7 Touch grass (literally). Take a moment to reconnect with the natural world.	8 Encourage someone who's learning something new. Growth takes practice.																																																																																																		
9 Cook a meal with a food item you don't usually buy.	10 Spend a little time stretching and appreciate what your body can do.	11 Listen to an audiobook that introduces you to a new idea or perspective.	12 Take an after-dinner walk with someone and enjoy time together.	13 Offer to help someone with a project, skill, or goal they're working toward.	14 Dedicate some time to journaling about how you've grown over the past year.	15 Share a favorite healthy recipe with someone.																																																																																																		
16 Spend an evening stargazing and enjoy the wonder of the world around you.	17 Take a break from screens and make time for an offline hobby.	18 Ask someone to teach you something they enjoy doing.	19 Notice what you appreciate about the season you're in.	20 Have a spontaneous dance party. Invite someone to join the fun!	21 Find a new podcast about something you'd like to learn.	22 Celebrate someone's progress, even if they haven't reached their goal yet.																																																																																																		
143 Day! Three little numbers, one big message: I love you! Remind someone they matter with a kind word, note, or hug (if they want one!). 23	24 Read outside for 15 minutes.	25 Share a plant cutting, seed, or gardening tip with someone who'd enjoy it.	26 Take a few minutes to move your body in a way that feels good to you.	27 Explore nature and notice how living things depend on one another.	28 Give yourself permission to grow at your own pace. What's one thing you're learning about yourself?	29 Invite someone to try a creative activity with you. See what you can make together.																																																																																																		
30 Thank someone who has helped you learn, grow, or become who you are.	31 Look back at something you've nurtured this month. Celebrate how far it's come, even if it's still growing.	1	2	3	<div>APRIL</div> <table><tr><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></tr><tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr><tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr><tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr><tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td></tr><tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr></table> <div>JUNE</div> <table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr><tr><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr><tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr><tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr><tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr><tr><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td><td>3</td></tr><tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr></table>		S	M	T	W	Th	F	S	28	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7	8	S	M	T	W	Th	F	S	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7	8	9	10
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kindness
the norm** 

randomactsofkindness.org

RANDOM ACTS OF KINDNESS FOUNDATION®

JUNE

2027

SUN

MON

TUE

WED

THU

FRI

SAT

30	31	1 Belonging begins with kindness. What can you do to make someone feel seen, heard, and valued this month?	2 Share a memory of someone who made you feel you belonged.	3 Invite someone to join a conversation or activity, and make room for their participation.	4 Ask someone what helps them feel welcomed, respected, and included. Listen to their answer.	5 Celebrate something that makes you uniquely you. Everyone deserves to feel accepted as they are.																																																																																																		
6 Wave and say hello to neighbors you don't usually talk to.	7 Make space for someone else's ideas in a conversation or group decision.	8 Check in on an older family member, friend, or neighbor and help them feel remembered and included.	9 Learn how to pronounce someone's name correctly. It's a small way to show respect.	10 Say hello to someone sitting or standing alone. Offer connection without pressure.	11 Create a community around something you love—a book club, craft club, walking group, or something entirely your own.	12 Notice whether everyone can participate in a shared activity. Ask what would make it more accessible.																																																																																																		
13 Tell someone what you appreciate about the perspective or experience they bring.	14 Invite someone to share a tradition, interest, or story that's meaningful to them.	15 Make someone new feel welcome by sharing helpful information or introducing yourself.	16 Write a heartfelt note to someone who helped you feel included, accepted, or valued.	17 When making plans, consider everyone's needs, preferences, and comfort levels.	18 Celebrate the different backgrounds, talents, and experiences that make your community special.	19 Juneteenth: Learn about the history of the day and reflect on the importance of freedom, dignity, and belonging.																																																																																																		
20 Offer to help someone who seems unsure of where to go or what to do.	21 Speak up when you notice someone being excluded.	22 Ask someone a thoughtful question and give them your full attention as they answer.	23 Celebrate this month by making space for everyone to be themselves. Kindness begins with acceptance.	24 Make room for different ways of participating. Not everyone connects, communicates, or contributes in the same way.	25 Invite someone to take part in a shared experience, whether it's a game, meal, walk, or conversation.	26 Notice someone whose contributions are often overlooked. Thank them and help their efforts be recognized.																																																																																																		
27 Reach out to someone you haven't connected with recently and remind them they're part of your world.	28 Ask someone what makes them feel a sense of belonging. You might discover something new.	29 Help create a welcoming space by noticing who hasn't had a chance to participate.	30 Choose inclusive language that helps everyone feel welcome.	1	<div> <div>MAY</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> </table> </div> <div> <div>JULY</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> </table> </div>		S	M	T	W	Th	F	S	25	26	27	28	29	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	S	M	T	W	Th	F	S	27	28	29	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7
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**SPREAD
A LITTLE
SUNSHINE.** 

**make
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the norm** 
randomactsofkindness.org

RANDOM ACTS OF KINDNESS FOUNDATION®

JULY

2027

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TUE

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THU

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JUNE

AUGUST

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		30	31	1	2	3
				In memory of Princess Diana, brighten someone's day with a small act of compassion and care.	Listen to a song that makes you feel good.	Give someone a genuine compliment and make their day a little brighter.
4	5	6	7	8	9	10
Watch the sunset and let yourself enjoy the beautiful moment.	Leave a positive comment on someone's creative work and brighten their day.	Do one thing that makes you happy and let yourself fully enjoy it.	Take a picture of something cheerful you can see from your window.	Surprise someone with their favorite snack or treat.	Say an empowering affirmation that puts a little more encouragement into your day.	Smile at yourself in the mirror. You deserve a little kindness, too.
11	12	13	14	15	16	17
Share a funny memory with someone who was there.	Take a golden-hour photo of something that makes you smile.	Compliment a child's creativity, curiosity, or courage and help them feel seen.	Leave a cheerful note where someone you know will find it.	Open the windows and enjoy a little fresh air.	Have a solo dance party to your favorite feel-good song.	Notice three beautiful things around you today.
18	19	20	21	22	23	24
Send someone a message just to tell them they make your world brighter.	Surprise someone by taking care of a small task for them.	Get up early and watch the sunrise.	In memory of Robin Williams, share a joke or something funny that made you laugh.	Give someone a little extra encouragement when they need it. Your words could brighten a difficult day.	Leave a happy message on a sticky note for someone to discover.	Smile and lead with kindness. A friendly moment can make someone's day.
25	26	27	28	29	30	31
Do something silly just for the fun of it.	Send someone a photo that brings back a happy memory.	Make a mini playlist of songs that brighten your mood and share it with someone.	Brighten a shared space with a cheerful drawing or positive message, where permitted.	Tell someone about a small thing that made you smile today.	Offer a little sunshine to someone having a hard day. Ask what might bring them comfort.	End the month by sharing one moment of joy that made July a little brighter.

BUILDING CONNECTIONS.

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RANDOM ACTS OF KINDNESS FOUNDATION®

AUGUST

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1 Reach out to the person who's been on your mind.	2 Honor someone's memory by doing an act of kindness in their name.	3 Share a treat with someone who makes life a little sweeter.	4 Invite a friend to lunch and enjoy time catching up.	5 Tell a loved one what you appreciate about them.	6 Ask someone about a favorite childhood memory.	7 Share your favorite song with someone and ask what they've been listening to lately.																																																																																																		
8 Spend time with people who make you laugh.	9 Send a thoughtful text to the first person who comes to mind.	10 Offer to help someone with a task. Working together can create time to connect.	11 Recommend a good book you've recently read and ask for a recommendation in return.	12 Invite someone to join you for a walk and enjoy a conversation along the way.	13 Ask someone how they've really been doing lately, and make time to listen.	14 Share a favorite memory with someone who was part of it.																																																																																																		
15 Send a handwritten letter to surprise someone.	16 Trade favorite summer recipes with someone and share the stories behind them.	17 Introduce two people who share an interest and might enjoy getting to know each other.	18 Ask someone what they've been excited about lately. Let them tell you all about it.	19 Share your favorite podcast with someone and invite them to tell you what they think.	20 Plan a picnic outside and invite someone to join you.	21 Practice active listening. Give someone your full attention when they speak.																																																																																																		
22 Reconnect with someone you haven't spoken to in a while. A simple hello can reopen a conversation.	23 Ask someone to teach you something they enjoy doing.	24 Set aside a little uninterrupted time with someone important to you.	25 Thank someone for being there for you, especially during a difficult time.	26 Share a photo that reminds you of a meaningful moment with someone.	27 Invite someone to join you in a hobby or activity you enjoy.	28 Ask someone a question you've never thought to ask them before.																																																																																																		
29 Check in with someone after an important event or milestone. Let them know you remembered.	30 Make a plan to spend time with someone you care about in the coming weeks.	31 Reflect on the connections you've strengthened this month. Who would you like to stay closer to?	1	2	<div> <div>JULY</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> </table> </div> <div> <div>SEPTEMBER</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> </table> </div>		S	M	T	W	Th	F	S	27	28	29	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	S	M	T	W	Th	F	S	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7	8	9
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LIFT
EACH
OTHER UP. 

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SEPTEMBER

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AUGUST

OCTOBER

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Check in with someone who's been going through a difficult time. Listen without feeling the need to fix everything.							Hold the door for someone and make their day a little easier.							Write a letter of appreciation to someone whose encouragement has made a difference in your life.		Do a chore for someone without being asked.		Share a favorite local business with family and friends. A thoughtful recommendation can make a difference.		Ask someone, "What's one thing I can take off your plate today?"		Let someone merge in traffic. A little patience can make the road kinder.	
12							13							14		15		16		17		18	
Celebrate someone's hard work, especially if the results aren't visible yet.							Send a thinking-of-you package, card, or message to someone who could use a pick-me-up.							Offer to help someone prepare for an upcoming event, project, or busy day.		Leave a generous tip if you can, along with a note of appreciation.		Remind someone of a strength you admire in them.		Help someone carry their bags or another heavy load.		Give someone permission to take a break by offering to handle a small responsibility.	
19							20							21		22		23		24		25	
Thank someone whose effort often goes unnoticed.							Share a useful resource, tip, or opportunity with someone who might benefit from it.							Offer a little extra patience to someone who seems to be having a difficult day.		Ask someone how you can best support them, rather than assuming what they need.		Cheer someone on as they work toward a goal. A few encouraging words can go a long way.		Make an everyday task easier for someone by offering a helping hand.		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							27							28		29		30		1		2	
Notice something thoughtful someone does behind the scenes. Let them know their kindness and effort haven't gone unnoticed.							Offer to run an errand or pick something up for someone who has a lot on their plate.							Send a message of encouragement to someone starting something new or facing a big change.		Support someone by respecting their need for rest, space, or a change of plans.		Think of someone who could use a little extra support. What's one small thing you can do to lighten their load?					

**FRIGHTFULLY
FRIENDLY.** 

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OCTOBER

2027

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
26	27	28	29	30	1 Be friendly to another living thing today—even one that gives you the heebie-jeebies.	2 Tell someone your best Halloween joke.																																																																																																		
3 Take a fall walk and see how many beautiful colors you can spot.	4 Make someone's day a little sweeter. Hide a cheerful note or small treat where they'll find it.	5 Make yourself a warm drink and enjoy a cozy moment.	6 Share a favorite funny or memorable autumn story with someone.	7 Surprise someone with their favorite fall drink.	8 Leave a kind note for someone to find.	9 Cozy up and watch your favorite seasonal movie.																																																																																																		
10 Bring a little comfort to someone's day. Sometimes the smallest gestures feel like the warmest hugs.	11 Help someone tidy their yard or gather fallen leaves.	12 Give someone a treat, just because.	13 Listen to a podcast that lifts you up.	14 Turn appreciation into a little seasonal cheer. Tell someone why they're wonderful.	15 Leave a happy message on a bookmark for someone to discover.	16 Have a little fun with fall. Find something in nature that looks like a face.																																																																																																		
17 Make time for a cozy conversation with someone who makes you feel at home.	18 Bake your favorite seasonal treat.	19 Surprise a neighbor with a Boo Basket.	20 Invite someone to join you in your favorite fall tradition.	21 Share your favorite spooky movie with someone and ask for their recommendation.	22 Leave a tiny pumpkin for someone who'd enjoy a little fall surprise.	23 Be the friendly face someone needs today. A warm hello can make a big difference.																																																																																																		
24 Share a silly joke or funny memory with someone who could use a laugh.	25 Share three things you appreciate about someone.	26 Make someone's day a little cozier. Offer a warm blanket, share a comforting story, or help create a welcoming space.	27 Turn an ordinary moment into a little fall fun. Invite someone to play a silly game, share a laugh, or enjoy a favorite autumn tradition.	28 Do a little kindness that changes someone's bad day.	29 Give someone a reason to smile.	30 Surprise someone with a silly drawing, cheerful message, or unexpected act of kindness.																																																																																																		
31 Compliment someone in costume.	1	2	3	4	<p>SEPTEMBER</p> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> </table> <p>NOVEMBER</p> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> </table>		S	M	T	W	Th	F	S	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7	8	9	S	M	T	W	Th	F	S	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7	8	9	10	11
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A WORLD OF KINDNESS.

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SAT

31	1 A kinder world starts close to home. Do one small thing today that makes your community a better place for everyone.	2 Pick up five pieces of litter.	3 Learn about a kindness tradition from another culture or community.	4 Donate a book to a Little Free Library or community organization.	5 Thank someone who helps keep your community running.	6 Skip single-use plastic today and choose a reusable alternative.																																																																																																		
7 Highlight a community service project and help others discover its impact.	8 Join a local community-sharing network and help keep items out of landfills.	9 Celebrate the many cultures that make your community special. Visit a cultural center, explore a free community event, or learn about a tradition different from your own.	10 Turn off lights in empty rooms and help conserve energy.	11 Send a message of appreciation to someone serving their community or stationed away from home.	12 World Kindness Day is tomorrow! Imagine if everyone did one kind thing. What could happen? Start a ripple of your own today!	13 Happy World Kindness Day! One Act. Endless Possibilities. Start a kindness ripple, pass it along, and see where it goes! Visit randomactsofkindness.org for inspiration.																																																																																																		
14 Practice Leave No Trace. Leave a shared space as good as or better than you found it.	15 Share a free community resource or opportunity that others might find helpful.	16 Reach out to a community organization and ask how you can help.	17 Donate gently used clothing to an organization that can put it to good use.	18 Use your voice for something you care about. Share information or support a meaningful cause.	19 Discover an organization making a difference somewhere in the world. Share its mission with someone who might be inspired.	20 Volunteer your time to a cause in your community that could use an extra set of hands.																																																																																																		
21 Support a community garden, park, or other shared green space.	22 Share a positive story about someone making a difference in the world.	23 Help someone discover a local organization or service that could benefit them.	24 Send a holiday card or message of encouragement to someone far from home.	25 Take a moment to appreciate the community you share. What's one thing you can do to help make it better for everyone?	26 RAK Friday! Choose secondhand or reused items when shopping this holiday season.	27 Small Business Saturday! Support a local business and help your community thrive.																																																																																																		
28 Share an extra item, supply, or resource with a community group that needs it.	29 Encourage someone else to join you in caring for a shared space.	30 A kinder world begins with the choices we make every day. What will you do to help kindness grow beyond November?	1	2	<div> <div>OCTOBER</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> </table> </div> <div> <div>DECEMBER</div> <table> <tr><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>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> </table> </div>		S	M	T	W	Th	F	S	26	27	28	29	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	S	M	T	W	Th	F	S	28	29	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8
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WRAPPED IN KINDNESS.

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kindness
the norm** 
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RANDOM ACTS OF KINDNESS FOUNDATION®

DECEMBER

2027

SUN

MON

TUE

WED

THU

FRI

SAT

NOVEMBER

JANUARY

S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
31	1	2	3	4	5	6	26	27	28	29	30	31	1
7	8	9	10	11	12	13	2	3	4	5	6	7	8
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28	29	30	1	2	3	4	23	24	25	26	27	28	29
5	6	7	8	9	10	11	30	31	1	2	3	4	5

		30	1	2	3	4
			Start the month gently. Give yourself permission to slow down and make space for what matters most.	Send a holiday card or cheerful note to someone living in a nursing home or assisted living community.	Make a warm drink and enjoy the comfort it brings you.	Give yourself grace on a hard day. You're doing the best you can.
5	6	7	8	9	10	11
Share a favorite seasonal playlist with someone who could use a little comfort or cheer.	Take a few minutes to meditate, breathe deeply, or simply sit in quiet.	Tackle one small task you've been avoiding. Give your future self a little breathing room.	Check in with someone who might be having a difficult time this season. Let them know you're thinking of them.	Put on your comfiest clothes and enjoy relaxing at home.	Say no to something that doesn't serve you. Protecting your peace is an act of kindness too.	Write in your journal. Give yourself space to process whatever you're feeling.
12	13	14	15	16	17	18
Make time for a favorite movie or show, complete with your coziest blanket.	Give yourself an off day—or even just an off hour. Rest without guilt.	Offer to take one small responsibility off someone's plate.	Treat yourself to something that brings you joy. It doesn't have to cost a thing.	In memory of Margaret Mead, "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."	Make an appointment you've been putting off. Taking care of yourself matters.	Listen to an album from beginning to end. Let yourself enjoy the moment.
19	20	21	22	23	24	25
Make room for someone who might otherwise feel left out of a gathering or seasonal tradition.	Take a long breath, a warm shower, or another moment to relax and recharge.	On the shortest day of the year, find a little light. Share a comforting word or thoughtful gesture with someone.	Set aside time to read a book, listen to a story, or enjoy something that helps you unwind.	Do one small thing today that will make tomorrow easier.	Share a favorite holiday memory or invite someone to tell you about theirs.	Let kindness be the gift today. Offer patience, comfort, or a little extra understanding to yourself and others.
26	27	28	29	30	31	1
Give yourself permission to rest.	Create a little calm in your space. Put one thing away, clear a small surface, or make a cozy corner.	Ask someone how they're really doing, and make space for an honest answer.	Write down three things that helped you feel cared for this year.	Release one expectation you've been carrying. You don't have to bring everything into the new year.	End the year with kindness toward yourself. Celebrate how far you've come, honor what you've carried, and welcome the new year with an open heart.	

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kindness
the norm[®]** 

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