BLOOM TOGETHER.



make kindness the norm.®

randomactsofkindness.org

RANDOM ACTS OF KINDNESS FOUNDATION®

MAY 2027

SUN	MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30	1 Plant a seed and help it grow! No seeds? Draw a flower and write a kind word on each petal.
2 Let your creativity bloom! Draw, build, or make something just for the fun of it.	3 Head outside and discover five things growing around you.	4 Share something you've learned with someone else. Helping others grow is a wonderful act of kindness!	5 Give your taste buds an adventure! Try a fruit or vegetable you've never tasted before.	6 Discover something amazing about nature! Learn a fun fact about a plant, animal, or ecosystem.	7 Touch grass—literally! Take a moment to enjoy the sights, sounds, and smells of nature.	8 Cheer someone on who's learning something new. A little encouragement can help their confidence grow!
9 Give someone three encouraging words to help their confidence grow.	10 Take a stretch break! Move your body in a way that feels good and appreciate all the amazing things it can do.	11 Grow your imagination! Read or listen to a story that takes you somewhere new.	12 Invite someone to take a walk with you and enjoy a little time together.	13 Help someone bloom! Offer to lend a hand with something they're working on.	14 Think of something you couldn't do a year ago but can do now. Celebrate how much you've grown!	15 Draw a flower for someone special and write what makes them a wonderful friend on the petals.
16 Think of someone who's helped you grow into the person you are today. Find a creative way to thank them!	17 Give your screens a break and enjoy an activity that lets your creativity grow.	18 Ask someone to teach you something they're good at. Everyone has something wonderful to share!	19 What's your favorite thing about this time of year? Share it with someone and ask what they love about this season.	20 Have a spontaneous dance party! Invite someone to join the fun.	21 Teach someone a fun fact, silly trick, or something new you learned.	22 Celebrate someone's progress, even if they haven't reached their goal yet. Every little step counts!
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 Find a cozy spot outside and enjoy reading or listening to a story.	Spread a little sunshine! Draw a flower, write an encouraging message, and give it to someone who could use a smile. 25	26 Move your body in a way that makes you happy. Dance, stretch, play, or make up your own silly moves!	27 Become a nature detective! Look for two living things that help each other grow or survive.	28 Remember, everyone blooms at their own pace! Be kind to yourself while learning something new.	29 Create something together! Invite a friend or family member to draw, build, or make something with you.
Plant a little kindness wherever you go today. Share a compliment, offer a helping hand, or give someone a reason to smile! 30	31 Look back at May. What's one way you've grown, helped someone else, or made the world a little kinder?	1	2	3		

APRIL

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

JUNE

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

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

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