LIFT EACH OTHER UP.

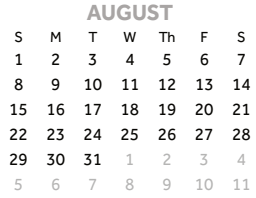


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RANDOM ACTS OF KINDNESS FOUNDATION®

SEPTEMBER 2027





SUN	MON	TUE	WED	THU	FRI	SAT
		31	1 Team up with someone to tackle a task. Two helping hands are better than one!	2 Let someone go ahead of you in line. A small gesture can make someone's day a little easier!	3 Imagine everyone wears an invisible superhero cape. What's one way you can help someone feel brave today?	4 Have something you no longer use? With permission, pass it along to someone who could enjoy it.
5 Check in with someone who's having a tough time. Sometimes listening is the kindest thing you can do.	6 Hold the door for someone or find another little way to make their day easier.	7 Write or draw a thank-you note for someone who's encouraged you to keep trying.	8 Surprise someone by helping with a chore or task before they ask.	9 Share something you love about a local shop, library, park, or community space. Encourage someone to check it out!	10 Ask someone, "What's one thing I can help you with today?" Then lend a hand if you can.	11 Practice a little extra patience today. Let someone go first, take turns, or give someone the time they need.
12 Give someone three reasons they should feel proud of themselves.	13 Surprise someone who could use a pick-me-up with a cheerful note, drawing, or message.	14 Help someone get ready for something important, like a project, activity, or special event.	15 Thank someone who helps make your day easier. Let them know you appreciate what they do!	16 Tell someone what you think their secret superpower is. Kindness? Creativity? Making people laugh?	17 See someone carrying something heavy? Ask if they'd like a helping hand.	18 Give someone a little break! Offer to help with a task so they have more time to rest or relax.
19 Think of three people who help you reach new heights. Tell one of them how they've lifted you up!	20 Teach someone a clever trick that makes an everyday task a little easier.	21 Someone having a difficult day? Give them a little extra patience and understanding.	22 Instead of guessing what someone needs, ask how you can best support them.	23 Make up a silly cheer, encouraging chant, or victory dance to celebrate someone's efforts.	24 Find three little ways to make someone's day easier.	25 **9•2•5 Day!** In honor of Dolly Parton, donate a new or gently loved children's book to a Little Free Library. Add a note that says, "In memory of Dolly Parton."
26 Celebrate someone's effort with a high-five, happy dance, or enthusiastic round of applause!	27 Think of one creative way to make a task easier for someone. Give it a try!	28 Create a mini encouragement card for someone who needs a confidence boost.	29 Sometimes kindness means giving someone space. Respect someone's need for a break or quiet time today.	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

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