

2025 KINDNESS CALENDAR

**make
kindness
the norm.** 

randomactsofkindness.org

RANDOM ACTS OF KINDNESS FOUNDATION®



JANUARY 2025

New Year, New Beginnings



RANDOM ACTS OF KINDNESS
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her books you've finished to give to a local library or school.							Give a surprise gift to a friend to brighten their day.							Leave positive notes in public places to inspire others.							Send a New Year's card to someone you haven't spoken to in a while.								Make a resolution to perform one act of kindness each week throughout the year.								New Year, New You: Become a RAKtivist Today!								Write a thank-you note to someone in your life for all they do.						
Plan a staycation with your family.							Start a kindness jar where you can collect notes of gratitude.							Write a letter to yourself at futureme.org.							Reach out to friends or family members you haven't spoken to in a while.								Share your favorite books with others.								Send New Year's cards or notes to friends, family, or even neighbors you don't know well, spreading goodwill and positive vibes for the year ahead.								Relax! Watch a movie and share a bowl of popcorn with a friend or family member.						
Take a walk and enjoy the fresh air.							Dedicate a day this month to volunteer at a local charity, food bank, or community organization.							Make a list of 10 things you hope to accomplish this year.							Handwrite a note to someone that means a lot to you.								Compliment five people around you on something not related to physical appearance.								Practice 4-4-6 breathing. Breathe in for 4 counts, hold it for 4 counts, exhale for 6 counts. Repeat.								Practice active listening with a friend.						
Use your skills or talents to help someone else, whether it's art, music, or technology.							Make it a goal to give genuine compliments to at least three people today.							Write thank you notes to people who made a difference in your life over the past year.							Make an effort to smile at everyone you pass.								Say thank you to someone who often goes unnoticed.								Apologize to someone if you've hurt their feelings and start the new year on a positive note.														

FEBRUARY 2025

Love and Empathy



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Schedule time with someone you've been meaning to connect with.														Share the Love: Join the RAKtivists!														Leave anonymous kind notes in public areas for strangers to find.							Practice active listening and understanding by engaging in meaningful conversations with friends, family, or colleagues.							Dedicate a day or week to giving sincere compliments to those around you.							Encourage doing small, unexpected acts of love, like leaving a kind note on someone's car, sending a thoughtful text, or surprising a loved one with their favorite treat.							Send a care package to someone going through a tough time.						
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←———— Random Acts of Kindness Week 2025 —————→														Visit www.randomactsofkindness.org/rak-week for ideas to celebrate kindness all week.																																																
Write a heartfelt note or letter to a mentor, teacher, or someone who has made a positive impact in your life, expressing gratitude and appreciation for their support and guidance.														Random Acts of Kindness Day 2025														Start a book club focused on reading books that explore themes of love, kindness, and empathy.							Create "Kindness Coupons" that can be redeemed for acts of kindness, like helping with chores, offering a hug, or spending quality time together.							Host listening circles where people can share their stories and experiences without judgment.							Purchase gifts or services from small businesses and share your positive experiences with other.							Offer to help without being asked.						
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Organize a fun game night to spend quality time with family or friends.														Encourage your family and friends to support a local business, showing love for your community.														Identify someone who might be having a tough day and ask how you can help.							Take time to practice self-love by doing something that makes you feel good.							Spend a few minutes reflecting on how you can show more empathy to those around you.							Wish the first person you see an amazing day.													

MARCH 2025

Community Outreach



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2 Start seeds at home in anticipation of planting in a community or home garden.														3 Organize community workshops to share skills or talents, such as cooking, crafting, or home repair.														4 Write thank-you cards to local firefighters, police officers and other community heroes.														5 Use reusable water bottles and lunch containers to reduce waste.														6 Start a pen pal program with residents of a local nursing home.														7 Host a community potluck where everyone brings a dish to share.														8 Arrange a visit to a local nursing home to spend time with the residents.													
9 Unplug from technology and participate in a community event.														10 Start or join a mentorship program where adults can mentor youth in the community, offering guidance, support, and encouragement for their personal and academic growth.														11 Dedicate a day for helping neighbors with tasks like yard work, grocery shopping, or home repairs.														12 Give someone a genuine and meaningful compliment.														13 Say, "Thank You!" and mean it.														14 Partner with a local blood bank to organize a blood donation drive.														15 Get your family members together and tell funny stories.													
16 Encourage people to shop locally, and consider holding a raffle or giveaway to incentivize participation.														17 Collect non-perishable food items and donations to support local food banks.														18 Share an encouraging poem with someone.														19 Make someone happy today by doing something they love with them.														20 Spring Into Kindness: Become a RAKtivist!														21 Go to bed an hour early.														22 Swing on a swing.													
23 Gather family and friends and challenge each other with the Kindness for a Dollar RAKtivist toolkit.														24 Set up or contribute to a "Little Free Library" in your community where people can take or leave books.														25 Organize or participate in a volunteer fair where local nonprofits can connect with potential volunteers. It's a great way to match people's skills with community needs.														26 Smile at everyone you see today.														27 Host or attend a local art show, craft fair, or music performance to support local artists and creators.														28 Leave your favorite book with a note inside for someone to find.														29 Take a walk in the park with a friend or family member.													
30 Organize a neighborhood or park clean-up event. Bring together community members to pick up litter, plant flowers, and beautify local spaces.														31 Set up community outreach for seniors in nursing homes or assisted living facilities. Consider organizing a group to provide companionship or host activities and games for them.														1														2														3														4														5													

APRIL 2025

Environmental Stewardship



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30	31	Organize or participate in an Earth Day event (April 22nd) focused on environmental awareness and action. Activities could include tree planting, nature walks, or educational workshops on sustainability.	2 Organize a neighborhood-wide clean-up day.	3 Create a community garden and grow local plants or vegetables.	4 Start a community composting program or encourage people to start composting at home. Provide resources and tips on how to compost effectively to reduce food waste.	5 Start a recycling program for paper, plastic, and glass.																																																																																																		
6 Use reusable water bottles and ban single-use plastics.	7 Host a workshop on creating and maintaining a worm garden (vermicomposting). Teach community members how to use worms to compost kitchen scraps, reducing waste and creating nutrient-rich soil for gardens.	8 Upcycle crayons using our RAKtivist toolkit.	9 Host a clothing swap event to promote reusing items.	10 Plant trees or native plants.	11 Challenge your community to adopt eco-friendly habits for the month of April, such as reducing single-use plastics, conserving water, or switching to reusable products.	12 Organize a "Leave No Trace" hiking event where participants not only enjoy nature but also clean up any litter they find along the trails.																																																																																																		
13 Offer workshops on topics like composting, sustainable gardening, and reducing carbon footprints.	14 Use eco-friendly products for cleaning supplies.	15 Promote a bike-to-work or bike-to-school day to encourage environmentally friendly transportation.	16 Implement a lights-off policy when rooms are not in use.	17 Start a rainwater collection system for the community garden.	18 Sign up for digital mailings to reduce paper use.	19 Host workshops on upcycling and creative reuse of materials.																																																																																																		
20 Create a nature trail or outdoor classroom.	21 Host a recycling drive in your community or workplace. Collect items that are not typically recycled curbside, such as electronics, batteries, or plastic bags, and ensure they are properly recycled.	22 Make Earth a Kinder Place: Join the RAKtivists!	23 Set up a seed exchange program.	24 Organize a "Green Fair" to showcase sustainable practices.	25 Promote a day where everyone is encouraged to walk, bike, carpool, or use public transportation instead of driving.	26 Organize a nature-inspired art project where participants create art using natural materials or recycled items. Display the artwork in a public space to raise environmental awareness.																																																																																																		
27 Install energy-efficient lighting and appliances.	28 Promote Meatless Mondays to reduce carbon footprints.	29 Host a zero-waste picnic where participants bring reusable containers, utensils, and napkins.	30 Launch a campaign to promote water conservation techniques such as using rain barrels, fixing leaks, and planting drought-resistant plants.	1	<p style="text-align: center;">MARCH</p> <table border="0" style="width: 100%; text-align: center;"> <tr> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td> </tr> <tr> <td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>1</td> <td>27</td><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td><td>3</td> </tr> <tr> <td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> </tr> <tr> <td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> </tr> <tr> <td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> </tr> <tr> <td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td> </tr> <tr> <td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td> </tr> </table> <p style="text-align: center;">MAY</p>		S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	23	24	25	26	27	28	1	27	28	29	30	1	2	3	2	3	4	5	6	7	8	4	5	6	7	8	9	10	9	10	11	12	13	14	15	11	12	13	14	15	16	17	16	17	18	19	20	21	22	18	19	20	21	22	23	24	23	24	25	26	27	28	29	25	26	27	28	29	30	31	30	31	1	2	3	4	5	1	2	3	4	5	6	7
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MAY 2025

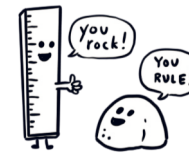
Mental Health Awareness



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				Start the week with a few minutes of mindfulness or deep breathing.	May We Suggest? Become a RAKtivist!	Write positive affirmations and leave them in public places for others to find.
4	5	6	7	8	9	10
Chalk the Walk using our RAKtivist toolkit.	<p>Teacher Appreciation Week (May 5-9)</p> <p>Check out our list of kindness ideas to celebrate and appreciate teacher on our kindness blog.</p>					
	<p>Nurse Appreciation Week (May 6-12)</p> <p>Check out our list of kindness ideas to celebrate nurses on our blog</p>					
11	12	13	14	15	16	17
Nurse Appreciation Week (May 6-12)		Start a gratitude journal and write down three things you're thankful for each day.	Set up a "calm corner" in your space where you can go relax and de-stress.	Ask a friend how they're really doing and listen without judgment.	Make and exchange cards with encouraging messages to uplift one another.	Write a note of encouragement to someone who might be having a tough time.
18	19	20	21	22	23	24
Take a break during the day to do some stretching or a quick exercise routine.	Encourage everyone to wear green (the color of mental health awareness) to show support.	Encourage regular mental health check-ins with friends, family, or colleagues. A simple "How are you, really?" can open the door to meaningful conversations and provide much-needed support.	Advocate for a "Mental Health Day" where people are encouraged to take a day off to focus on their mental well-being.	Share guided meditation resources or apps with your community.	Check out a new book about mental health, self-care, and/or well-being.	Organize or promote peer support groups where people can share their experiences, challenges, and coping strategies in a safe and confidential environment.
25	26	27	28	29	30	31
Take breaks and practice self-care.	Challenge yourself to take a break from screens for a day and engage in face-to-face activities instead.	Practice good sleep habits.	Drink enough water throughout the day.	Host or promote nature walks or outdoor activities that allow people to disconnect from daily stressors and reconnect with nature.	Create and distribute small stress relief kits containing items like stress balls, herbal teas, calming essential oils, and informational pamphlets on stress management techniques.	Take a moment to write down three things you like about yourself.

JUNE 2025 Embracing Inclusion



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1 Help the pollinators with our RAKtivist toolkit.	2 Organize a cultural potluck where participants bring dishes that represent their heritage.	3 Start a book club focused on reading and discussing books by diverse authors or that explore themes of inclusion, diversity, and equity.	4 Include everyone in group discussions.	5 Invite others to join in on conversation or activities during gatherings.	6 Educate others on the importance of using correct pronouns and encourage everyone to share their pronouns.	7 Offer to help someone who seems lost or confused.																																																																																																		
8 Organize group activities that encourage others to connect with those they don't usually interact with.	9 Conduct an accessibility audit of public spaces, schools, or workplaces. Identify areas that need improvement to better accommodate people with disabilities and work together to implement changes.	10 Organize a community art project that celebrates diversity and inclusion.	11 Set up a buddy program that pairs individuals from different backgrounds, abilities, or age groups to learn from one another, support each other, and build lasting connections.	12 Promote and support local businesses owned by people from underrepresented communities.	13 Promote the use of inclusive language by sharing tips and resources on how to communicate respectfully and considerately	14 Plan a sports day where everyone is encouraged to participate, regardless of ability, identity, or background.																																																																																																		
15 Organize inclusive events, like a game night or potluck.	16 Write or share stories about times you felt included or helped someone else feel included.	17 Organize an "Empathy Walk" where participants walk in pairs, sharing their stories and listening to each other's experiences.	18 Write thank-you notes to peers, teachers, or staff who have been supportive allies.	19 Host a storytelling event where individuals can share their personal experiences with inclusion, diversity, or overcoming challenges related to exclusion.	20 Kick of Summer with Kindness: Join the RAKtivists!	21 Listen to others and show interest in their stories.																																																																																																		
22 Write letters of support to marginalized individuals or organizations.	23 Volunteer together for community events.	24 Consider organizing or participating in events that celebrate and support the LGBTQ+ community.	25 Encourage community members to participate in local events celebrating diversity and inclusion.	26 Share a fun hobby or interest with others and invite them to join.	27 Create a time capsule with items, letters, and artwork that represents this year's inclusion and pride celebrations and save them to be opened in the future.	28 Create an inclusive space where everyone feels comfortable sharing.																																																																																																		
29 Be supportive and encouraging towards others.	30 Create and distribute multilingual welcome signs or posters that can be displayed in homes, businesses, and public spaces.	1	2	3	<p style="text-align: center;">MAY JULY</p> <table border="0" style="width: 100%; text-align: center;"> <tr> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td> <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> <td>29</td><td>30</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td> </tr> <tr> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> <td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td> </tr> <tr> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> <td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td> </tr> <tr> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> <td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td> </tr> <tr> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td> <td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td> </tr> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> </tr> </table>		S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	27	28	29	30	1	2	3	29	30	1	2	3	4	5	4	5	6	7	8	9	10	6	7	8	9	10	11	12	11	12	13	14	15	16	17	13	14	15	16	17	18	19	18	19	20	21	22	23	24	20	21	22	23	24	25	26	25	26	27	28	29	30	31	27	28	29	30	31	1	2	1	2	3	4	5	6	7	3	4	5	6	7	8	9
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JULY 2025

Spread Positivity Online



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		Share a motivational quote.	Highlight a friend or family members achievement.	Post a tip that has helped you.	Celebrate Independence with Kindness: Become a RAKtivist!	Post a thank-you message to someone who has helped you.																																																																																																																
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Share a fun fact related to a subject you love!	Post a picture of your favorite animal. Mine is a platypus.	Post a picture of your cozy space and why you like it.	Share a favorite memory.	Post an encouraging message about this time of year.	Share tips for staying organized.	Highlight your own creative project.																																																																																																																
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Share a positive story.	Organize an event to create Warm Weather Care kits using our RAKtivist toolkit.	Share a favorite picture.	Highlight an inspiring story.	Post a funny joke.	Share tips for making new friends.	Post a picture of an activity you enjoyed.																																																																																																																
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Highlight a tradition and why it's special.	Share a positive change you've seen this year.	Post an encouraging message.	Highlight a community service project.	Share a personal achievement.	Post a thank-you message to your friends and/or family for their support.	Share your favorite kindness story.																																																																																																																
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Highlight a school's sports team and their positive impact.	Post a picture of a favorite book.	Share a playlist that helps you focus.	Highlight a teacher's advice that helped you.	Share a tip for dealing with stress in a healthy way.																																																																																																																		

AUGUST 2025

Wellness and Well-Being



RANDOM ACTS OF KINDNESS
FOUNDATION®

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Drink plenty of water throughout the day.							Organize a group walk to promote physical activity and mental clarity.							Share a favorite healthy recipe with friends or coworkers.							Give genuine compliments to those around you.							Take a break from screens for an hour or more. Use the time to relax, read, or spend time in nature.							Practice self-care by doing something you love, whether it's reading, taking a bath, or enjoying a hobby.							Focus on improving sleep habits.													
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Perform a random act of kindness, like paying for someone's coffee or leaving a positive note for a colleague.							Share a funny video, joke, or story with friends or family.							Take short stretch breaks throughout the day to relieve tension and improve posture.							Join the RAKtivists: Elevate Your Wellness and Well-Being Through Kindness!							Spend some time volunteering for a cause you care about. Helping others is a powerful way to enhance your own well-being.							Practice mindful eating by savoring each bite of your meals.							Spend time decluttering your space. A tidy environment can lead to a clearer mind and improved well-being.													
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Practice active listening when someone is speaking to you. Being fully present can improve relationships and reduce stress.							Spend time outdoors, whether it's in a park, garden, or your backyard. Nature has a calming effect on the mind and body.							Practice deep breathing exercises to reduce stress and improve focus.							Start the day with positive affirmations.							Spread well-being to strangers using our RAK Rocks RAKtivist toolkit!							Engage in a creative activity like drawing, painting, or writing. Creativity is a great outlet for stress and can boost mood.							Dedicate time to unplug from devices and spend quality time with family or loved ones.													
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Check in on a friend or family member's well-being.							Let go of grudges and practice forgiveness, whether toward others or yourself.							Hydrate with a Twist: Infuse water with fresh fruits or herbs.							Invite a friend, family member, or colleague for a walk and talk.							Take and encourage regular stretch breaks throughout the day, especially if sitting for long periods.							Watch a funny movie, share jokes, or attend a comedy event.							Create a vision board with your wellness goals for the future.													
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Use calming essential oils like lavender or chamomile to promote relaxation and reduce stress.																																																							

SEPTEMBER 2025

Small Acts, Big Impact



RANDOM ACTS OF KINDNESS
FOUNDATION®

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	Buy a coffee for the person behind you in line. A small gesture that can brighten someone's day.	Leave uplifting notes in public places like library books, on bathroom mirrors, or on a community bulletin board.	Collect and donate spare change to a charity or cause. Even small amounts can add up to make a difference.	Give a genuine compliment to a stranger.	Offer to help someone carry their groceries to their car or assist an elderly person with their shopping.	Hold the door open for someone, showing a small act of courtesy and respect.																																																																																																																
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Clean out your closet and donate gently used clothes to a local shelter or charity.	Plant a tree or donate to organizations that plant trees. A single tree can have a big impact on the environment.	Bring in some homemade or store-bought treats for your coworkers as a surprise pick-me-up.	Write and send thank you cards to people who have made a positive impact on your life, no matter how small.	Spend a few minutes picking up litter in your neighborhood or at a park.	Donate gently used books to a local library, school, or community center.	The art of polishing mud? Check out our Dorodango RAKtivist toolkit. It's incredibly relaxing!																																																																																																																
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Smile at those you pass by, even if you don't know them.	Leave extra change in a vending machine for the next person to find, giving them a pleasant surprise.	Invite someone who may be lonely or new to the area to share a meal with you.	Choose to shop at a local business instead of a big chain.	Leave a positive comment or review for a business, artist, or author you appreciate.	Reach out to someone you haven't spoken to in a while with a simple text or call to say you're thinking of them.	Let someone go ahead of you in line, especially if they have fewer items or seem to be in a rush.																																																																																																																
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Leave birdseed or a bird feeder in your yard or a public park.	Become a RAKtivist: Small Acts, Big Impact!	Take time to listen to someone who needs to talk.	Hand out a single flower to someone as a random act of kindness.	Take a moment to sincerely thank a service worker, such as a cashier, waiter, or janitor, for their hard work.	Take a moment to practice self-compassion.	Drop off some pet food, toys, or blankets at a local animal shelter.																																																																																																																
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Buy a few extra non-perishable items during your grocery shopping and donate them to a local food bank.	If you drive through a toll, consider paying for the car behind you as well.	Volunteer Your Time: Even an hour of your time volunteering at a local charity or event can make a significant difference.																																																																																																																				

OCTOBER 2025

Spooky Acts of Kindness



RANDOM ACTS OF KINDNESS
FOUNDATION®

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Offer to help a neighbor with yard work, such as raking leaves or decorating for Halloween.							Print out or create Halloween-themed coloring pages and donate them to a local school, daycare, or hospital.							Write a thank you note with a Halloween twist (like a bat-shaped card) to someone who has made a difference in your life.							Decorate your mailbox with a fun Halloween theme and leave a small treat for your mail carrier as a thank you.							Participate in or organize a zombie walk where participants collect non-perishable food items for a local food bank.							Read or record a Halloween-themed story and share it with kids at a local library, school, or online.							Host a Halloween movie night for friends or family, complete with themed snacks and cozy blankets.						
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Make or buy Halloween-themed treats (like ghost-shaped cookies) and deliver them to a friend, neighbor, or coworker.							Participate in or organize a trick-or-treating event where instead of candy, participants collect donations for a local charity.							Take someone on a local haunted history tour or ghost walk to enjoy some spooky fun while learning about local legends.							Participate in a Halloween-themed charity run or walk, dressing up in costume to raise funds for a cause you care about.							Collect Halloween candy donations and deliver them to a local children's hospital, shelter, or food bank.							Join the RAKtivists: Unleash Spooky Acts of Kindness!							Host a virtual or in-person Halloween dance party for friends, family, or a local community center.						
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Send a Halloween-themed card to friends or family with a spooky, yet kind, message to let them know you're thinking of them.							Set up a "Scare-Free" zone at your home or in your neighborhood for younger children or those who might be frightened by Halloween decorations.							Collect Halloween candy and send it to troops overseas as a sweet reminder of home.							Leave a surprise treat bag on a neighbor's doorstep with a note that says "You've been booted!" Encourage them to pass on the spooky kindness to another neighbor.							Organize or participate in a pet costume parade, and consider asking for donations to a local animal shelter as an entry fee.							Send a mystery package filled with small Halloween goodies to a friend or family member who could use a pick-me-up.							Visit a haunted house attraction that donates proceeds to charity.						
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Carve or decorate a pumpkin and leave it anonymously on a friend's porch to brighten their day.							Purchase Halloween candy that supports a charitable organization, such as fair-trade chocolate, and hand it out to trick-or-treaters.							Surprise someone by showing up in costume with a small treat or gift, bringing Halloween fun directly to them.							Create a Halloween-themed playlist and share it with friends or coworkers to set the spooky mood.							Give out fun Halloween-themed face masks to friends or coworkers to encourage safe and festive celebrations.							On Halloween night, give out small kindness cards along with candy, encouraging trick-or-treaters to do a good deed of their own.													

NOVEMBER 2025

Gratitude and Giving Thanks



RANDOM ACTS OF KINDNESS
FOUNDATION®

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Create a gratitude jar ² where you write down things you're thankful for each day and encourage others to do the same.							Express your gratitude by paying it forward. ³							Set up a community gratitude wall in your workplace, school, or local café where people can post notes about what they are thankful for. ⁴							Reach out to a mentor or teacher who has guided you and thank them for their support and wisdom. ⁵							Give small appreciation gifts or tokens to coworkers, friends, or family members to show you value their presence in your life. ⁶							Record a short video expressing your thanks to someone special and send it to them as a personal and heartfelt gesture. ⁷							Start a 30-day gratitude challenge using the ideas throughout this month. ⁸						
Organize a dinner or gathering where everyone shares something they're thankful for before the meal. ⁹							Write and send handwritten thank you notes to people who have positively impacted your life, expressing your gratitude for their kindness. ¹⁰							Join the RAKtivists: Spread a Gratitude and Give Thanks! ¹¹							Gift someone a gratitude journal where they can reflect on and document things they are thankful for regularly. ¹²							Send thank you cards or treats to local first responders like firefighters, police officers, or paramedics, acknowledging their service. ¹³							Donate to a charity or cause that you are thankful exists, in honor of someone who has impacted your life. ¹⁴							Post a public thank you on social media to recognize someone who has made a difference in your life. ¹⁵						
Show appreciation ¹⁶ for local businesses by shopping locally and leaving positive reviews for businesses you're thankful for.							Collect food for a local food shelter using our Food Drive RAKtivist toolkit! ¹⁷							Drop off thank you notes or small gifts to healthcare workers at a local hospital or clinic to express gratitude for their hard work. ¹⁸							Use your skills or talents to help others, whether it's cooking a meal, offering free advice, or helping with a project. ¹⁹							Write letters of gratitude to people in your community, like your mail carrier or grocery clerk, and surprise them with your thanks. ²⁰							Create and share a playlist of songs that inspire feelings of gratitude and positivity. ²¹							Visit or call elderly family members or friends, thanking them for the wisdom and experiences they've shared with you. ²²						
Invite someone over for a meal or deliver food to someone who might need it, sharing the gift of nourishment with those you appreciate. ²³							Donate books you're thankful for to a library, school, or community center, so others can enjoy them too. ²⁴							Plan a day to celebrate a friend who has been there for you, letting them know how much you appreciate their friendship. ²⁵							Create and deliver thank you baskets filled with treats or essentials to neighbors, teachers, or community workers. ²⁶							Gather with family members and take turns sharing what you are thankful for about each other, creating a circle of appreciation. ²⁷							Spend time making phone calls to people you are grateful for, simply to thank them and let them know they are appreciated. ²⁸							Create a "Thank You Tree" where people can add leaves with notes of gratitude, either in your home, workplace, or community center. ²⁹						
Read and/or share the notes from your gratitude jar. ³⁰																																																

DECEMBER 2025

Season of Giving



RANDOM ACTS OF KINDNESS
FOUNDATION®

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30	1 Collect non-perishable food items and donate them to a local food bank to help those in need during the holidays.	2 Participate in an "adopt a family" program where you provide gifts and necessities to a family in need during the holiday season.	3 Organize a Secret Santa exchange where, instead of gifts for each other, participants donate to a charity chosen by the recipient.	4 Create and send holiday cards to residents of nursing homes or assisted living facilities to bring joy to those who may be alone during the holidays.	5 Help decorate a neighbor's house, a community center, or a local business for the holidays, especially if they need an extra hand.	6 Offer to wrap gifts for friends, family, or neighbors, and ask them to donate to a charity of their choice in return.																																																																																																		
7 Collect and donate winter coats, hats, gloves, and scarves to shelters or organizations that distribute them to those in need.	8 Pay for someone's meal, coffee, or groceries unexpectedly. A small act of giving can brighten someone's day.	9 Bake holiday treats and share them with neighbors, coworkers, or local service workers like firefighters or police officers.	10 Donate gently used or new books to a local library, school, or literacy program, spreading the joy of reading during the holidays.	11 Instead of giving traditional gifts, make a donation in someone's name to a cause they care about.	12 Organize a clothing swap event where people can exchange gently used items, and any leftovers can be donated to charity.	13 Create care packages filled with essentials and treats for the homeless or those in need, and distribute them in your community.																																																																																																		
14 Spend a day volunteering at a soup kitchen, shelter, or community center, helping to serve meals or distribute holiday items.	15 Host a holiday movie night and ask guests to bring a donation for a local charity instead of snacks or drinks.	16 Create a vision for the new year with our Vision Board RAKtivist toolkit.	17 Buy holiday gifts from local artisans and small businesses, supporting them during the busy season.	18 Give the gift of life by donating blood during the holiday season, when donations are often needed most.	19 Deliver poinsettias or other holiday plants to hospitals, nursing homes, or neighbors to spread seasonal cheer.	20 Cook and deliver a holiday meal to someone who may be spending the holidays alone or is unable to prepare their own meal.																																																																																																		
21 Gift a book subscription service to a child or family in need, fostering a love for reading year-round.	22 Donate pet food, toys, or blankets to a local animal shelter to help care for animals during the holiday season.	23 Give the gift of an experience, like tickets to a concert or museum, and consider including a donation to a related cause.	24 Send care packages or holiday cards to troops stationed overseas, letting them know they are appreciated and remembered.	25 Share your favorite holiday music playlist with friends, family, or coworkers to spread joy and festive cheer.	26 Relax. Enjoy the company of those around or simply your own.	27 Join the RAKtivists: Embrace the Season of Giving!																																																																																																		
28 Take a relaxing bath.	29 Do something nice for yourself.	30 Take time to reflect on the season and express gratitude for what you have.	31 Send your future self a letter with intentions for the coming year using futureme.org	1	<p>NOVEMBER</p> <table border="1"> <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>31</td><td>1</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>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> </table> <p>JANUARY</p> <table border="1"> <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>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>		S	M	T	W	Th	F	S	27	28	29	30	31	1	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	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	31	1	2	3	4	5	6	7
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