

April 2024

SUN	MON	TUE	WED	THU	FRI	SAT
31	1	2	3	4	5	6
	Start a list of things you're grateful for and add to it this month.	Encourage those closest to you to take part in a community event.	Write positive messages on the sidewalk with chalk.	Show appreciation to someone in your school today by leaving an anonymous positive note.	Give away one of your possessions for free.	Shop at a farmer's market with your family.
7	8	9	10	11	12	13
Start a book about a topic that is new to you.	Do something that you find challenging today.	Put positive notes on the mirrors in the bathroom.	Hand-write a letter of gratitude to someone who has positively affected your life.	Make a healthy fruit salad and share with the family.	Compliment someone in front of others.	Become a RAKtivist at randomactsofkindness.org
14	15	16	17	18	19	20
Make first aid kits for local shelters.	Stop what you're doing for a few minutes to just breathe and appreciate your life.	Help a classmate with a tough task.	TAKE A HIKE DAY Ask your family or friends to join you for a hike this weekend.	Write a note of thanks to the cafeteria staff.	Create a gratitude wall in your classroom for all to post notes of thanks to fellow classmates.	Wake up early to appreciate the sunrise.
21	22	23	24	25	26	27
Send someone you care about a surprise care package.	Forgive someone. Tell them you forgave them.	Share an encouraging song with others.	Clean up your classroom during free time.	Play gratitude ping pong: pass a ball back and forth for two minutes sharing things for which you are grateful.	Organize and clean your workspace – appreciate yourself!	Write a letter to your future self at futureme.org , detailing all the things you appreciate about yourself.
28	29	30	1	2		
Text a friend to let them know you're thinking of them.	Find a reason to laugh today. Tell someone a good joke!	Turn on your favorite music when you get home. Do a little dance!				