

A Month of Love & Kindness



Bake cookies for a new neighbor	Donate something to a shelter	Take a meal to a new mom	Tell a coworker you appreciate them	Offer to pick up groceries for an elderly couple you know
Include a new friend in a playdate	Plan a parent/child date night	Offer another mom a morning out/babysit	Give you spouse a back rub...more than 5 minutes	Let your kids have a day of no chores
No homework night	Tell you teacher you are thankful for him/her	Volunteer at a local animal shelter	Make something special for a friend	Bake cookies for the first responders near you
Clean a friend's house	Offer to babysit or help with a special needs child	Write and tell your city officials you're praying for them	Take a meal to an elderly person	Plan a coffee date with your spouse
Volunteer to help clean your church	Pay for a stranger's groceries	Offer to help a neighbor with yard work	Volunteer time in a nursing home	Write and tell your pastor you're praying for him
Do one extra act of kindness for your spouse	Surprise your kids with a adventure	Give your kids 3 compliments	Hug your kids	Smile every time you see your kids enter the room