

MAY 2019

#GIVINGTUESDAY 365

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Leave quarters at the laundromat	2 Call someone just to chat	3 Offer to help someone you see struggling whether you know them or not.	4 #AntiBullyingDay Build a buddy bench for a local school. Learn more at buddybench.org
5 Mowing your lawn? Offer to mow your neighbor's lawn too	6 Offer to cook dinner for new parents while they're caring for their newborn.	7 Thank a Teacher #52Tuesdays	8 Donate A Day's Wages To Charity Day	9 Mentor at-risk youth	10 Have a good conversation	11 Shop local, then leave a nice online review
12 Mother's Day	13 Introduce a job-hunting friend to a new connection (or 10)	14 Be a good neighbor #52Tuesdays	15 #NationalChocolateChipCookieDay Bake + deliver cookies for the local fire/police station	16 Leave a generous tip	17 Keep a case of water, granola bars, and socks in your car to give to people in need	18 Organize a neighborhood cleanup
19 Offer to pick up groceries for your neighbor.	20 #NationalRescueDog Day Bring treats and old towels to the shelter	21 Give blood #52Tuesdays	22 Lend a helping hand to someone whom might need it,	23 Tape microwave popcorn pack to a Redbox kiosk	24 Leaving town for the weekend? Pay someone's toll	25 Run a 5k for charity
26 Visit with residents of local nursing homes	27 Memorial Day Support your local veterans org	28 Create a care package for a military member #52Tuesdays	29 Hold the door for someone	30 Give someone a ride	31 Say "good morning" to anyone who crosses your path	