

JUNE 2019

#GIVINGTUESDAY 365

SUN	MON	TUE	WED	THU	FRI	SAT
						1 #DareDay Step out of your comfort zone and do something kind
2 Do a 5k in support of cancer research #NationalCancerSurvivorsDay	3 Leave positive notes on your neighbors' car windshields	4 Celebrate + support the arts in any way today #52Tuesdays	5 Leave bubbles, chalk, and outdoor items for the kids at the playground	6 #NationalHungerAwarenessDay Buy a homeless person a meal	7 Bring donuts to share with your coworkers #NationalDonutDay	8 #WorldOceansDay Learn about what you can do to protect our oceans at oceana.org
9 Plant a community garden	10 Sign up to mentor a young person	11 Support a recent graduate #52Tuesdays	12 Make craft boxes and bring them to the local nursing home	13 Shop local	14 #WorldBloodDonorDay Donate blood today	15 Make sandwiches and pass them on to the homeless
16 #FathersDay Give to a nonprofit that supports young fathers.	17 Have a good conversation	18 Teach a kid how to give back #52Tuesdays	19 Join or start a giving circle	20 #WorldRefugeeDay Consider opening your home or collecting donations for refugees	21 Give someone a ride	22 #PublicServiceDay Take cookies to EMTs, bring cold water to crossing guards to say thank you
23 Organize a park or beach cleanup	24 Help someone with a heavy load	25 Celebrate an author #52Tuesdays	26 #ForgivenessDay Forgive someone	27 Take a friend out for lunch, or dinner for no reason at all.	28 Send a care package to a family member abroad	29 Have an old cellphone? Give it to a homeless person. It can change their life. Literally.
30 #SocialMediaDay Post something nice in your social feed today						