

# 2024-2025 KINDNESS CALENDAR FOR SCHOOLS

**make  
kindness  
the norm.** 

[randomactsofkindness.org](https://randomactsofkindness.org)

**RANDOM ACTS OF KINDNESS FOUNDATION®**



# AUGUST 2024

## Back to School Kindness



**RANDOM ACTS OF KINDNESS**  
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<p><b>JULY</b></p> <p>S M T W Th F S</p> <p>30 1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30 31 1 2 3</p> <p>4 5 6 7 8 9 10</p>							<p><b>SEPTEMBER</b></p> <p>S M T W Th F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p>							30							31							1							2							3						
4							5							6							7							8							9							10						
Write a thank-you note to a teacher.							Bring extra school supplies to share with classmates in need.							Help clean up the classroom or playground.							Share something you're grateful for with your class.							Sit with someone new at lunch and get to know them.							Leave positive messages on sticky notes around the school.							Lead by example in showing respect and kindness.						
11							12							13							14							15							16							17						
Create a kindness poster to hang in the school hallway.							<b>Back to School, Back to Kindness: Join the School Kindness Challenge!</b>							<b>Back to School, Back to Kindness: Join the RAKtivists!</b>							Organize a classroom recycling project.							Greet classmates with a smile as they arrive at school.							Write encouraging words on the classroom board.							Practice patience with others throughout the day.						
18							19							20							21							22							23							24						
Make friendship bracelets to give to classmates.							Make thank you cards for school bus drivers.							Share your favorite book with a friend.							Check out our Kindness Bookmarks RAKtivist toolkit!							Organize a group hug with your classmates.							Share a personal story about a time someone was kind to you.							Decorate pencils with positive messages and give them to classmates.						
25							26							27							28							29							30							31						
Post something positive about your school or a friend on social media.							Create a class kindness jar where students can drop notes about kind acts they witness.							Secretly do something nice for someone in your class.							Reflect on the month and share your favorite kindness moments in a class discussion.							Start a kindness chain where each link represents a kind act done by a student.							Bring an extra snack to share with someone.							Make a conscious effort to smile at everyone you see.						

# SEPTEMBER 2024

## Acts of Generosity



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1 Start a gratitude journal and write down three things you're grateful for each day.	2 Create a gratitude wall where students can post notes about things they're grateful for.	3 Bring extra snacks to share with classmates.	4 Write thank you notes to school staff and teachers.	5 Designate a buddy bench on the playground where students can sit if they need a friend.	6 Spend time helping a younger student with their homework.	7 Create and distribute kindness coupons for free help, hugs, or chores.																																																																																																		
8 Set up a penny jar to collect spare change for a cause.	9 <b>Strength in Kindness: Take on the School Kindness Challenge!</b>	10 Organize a clean-up around the school or neighborhood.	11 Leave encouraging notes on lockers and/or desks.	12 Practice self-kindness and share what you did with a friend.	13 Check out our Compliment Cards RAKtivist toolkit to compliment a janitor, cafeteria worker, or other school staff member.	14 Do an extra chore at home to help your family.																																																																																																		
15 Give a family member a hug if they need one.	16 Lend your school supplies to someone who forgot theirs.	17 Demonstrate good behavior for younger students.	18 Thank your bus driver or the person who gives you a ride to school.	19 Bring in gently used books to donate to the school library.	20 Cheer for someone at a school event.	21 Take the time to really listen to someone who needs to talk.																																																																																																		
22 <b>Fall into Kindness: Become a RAKtivist!</b>	23 Write a thank-you note to your teacher.	24 Pick up litter around the school.	25 Hold the door open for someone.	26 Offer to help a teacher with classroom chores.	27 Sit with someone new at lunch and get to know them.	28 Show extra patience with others today.																																																																																																		
29 Recommend or lend your favorite book to a friend.	30 Make an effort to be on time for school and class.	1	2	3	<p style="text-align: center;"><b>AUGUST</b>                      <b>OCTOBER</b></p> <table border="0" style="width: 100%; font-size: small;"> <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>28</td><td>29</td><td>30</td><td>31</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	28	29	30	31	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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# OCTOBER 2024

## Spooky Acts of Kindness



**RANDOM ACTS OF KINDNESS**  
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		Participate in Socktober with our RAKtivist toolkit	Help a classmate like a friendly monster.	Leave kind notes in hallways for others to find.	Secretly leave a small treat or note for a friend.	Draw a pumpkin picture and give it to someone to brighten their day.																																																																																																		
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Greet everyone you see with a cheerful "Happy October!".	Grant a "wish" by helping someone with a task they find difficult.	Share your candy or snacks with a friend.	Read a Halloween story to a younger student or sibling.	Help clean up a spooky mess in the classroom or playground.	Offer to guide a new student around school.	Give out "mummy" hugs (wrapped in kindness).																																																																																																		
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Do a good deed for a neighbor, like raking leaves.	Volunteer to help your teacher with a classroom task.	Be extra friendly to someone who looks like they need a friend.	<b>Trick or Treat with Kindness: Join the School Kindness Challenge!</b>	<b>Treat Others with Kindness: Join the RAKtivists!</b>	Bring spooky-themed snacks to share with your class.	Make Halloween-themed bookmarks and give them to friends.																																																																																																		
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Call a grandparent or relative and wish them a happy October.	Leave encouraging notes for classmates on their desks.	Write a kind note using Halloween-themed words and give it to someone.	Offer emotional support to a friend who's feeling down.	Show extra enthusiasm and zest in classroom activities.	Make Halloween crafts and give them to friends or teachers.	Give high-fives to everyone you see to spread cheer.																																																																																																		
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Practice good manners like a courteous monster.	Write positive messages on pumpkin cutouts and distribute them.	Wrap up a kind message like a mummy and give it to someone.	Give a spooky-themed compliment, like "You're fang-tastic!"	Share your favorite Halloween tradition with a friend.																																																																																																				

# NOVEMBER 2024

Gratitude and Giving Thanks



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Spend quality time with your family and tell them why you're grateful for them.							<b>Give Thanks by Giving Back: Check one item off the School Kindness Challenge!</b>							Create a thankful jar where you and your family or classmates can drop in notes of gratitude.							Make handmade gratitude cards and give them to people who have made a difference in your life.							Bake cookies or other treats to share with neighbors or classmates.							Share a book that you're thankful for with a friend.							Do an extra chore at home to show appreciation for your family.																				
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Offer support and a listening ear to a friend who needs it.							<b>Give Thanks, Give Kindness: Become a RAKtivist!</b>							Make it a point to verbally express your gratitude to people throughout the day.							Celebrate World Kindness Day!							Show your body gratitude by drinking lots of water.							Put on your favorite piece of clothing to make you feel good.							Take a walk and reflect on the things you're thankful for in your surroundings.																				
17							18							19							20							21							22							23																				
Check out our Gratitude Letters RAKtivist toolkit!							Spend some quiet time to reflect on your joy.							Write a handwritten gratitude letter to someone. Mail it!							Show your body gratitude by eating healthy.							Tell family and friends how grateful you are for them.							Share something you're grateful for with your class.							Use your talents to help others.																				
24							25							26							27							28							29							30																				
Volunteer your time to help a local charity or community center.							Give yourself a hug!							Spend today enjoying some quiet time.							List the qualities of someone you're grateful for. What do you have in common?							Start a gratitude circle where each person shares something they're thankful for.							Tune in to all the wonderful things around you.							Plant a flower or tree as a symbol of growth and gratitude.																				

# DECEMBER 2024

Season of Giving & Reflection



**RANDOM ACTS OF KINDNESS**  
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1 Spend some time listening to some cheerful holiday music.	2 Make holiday decorations to brighten up school hallways and classrooms.	3 Send cheerful holiday cards to hospitalized children using the Cardz for Kidz: cardzforkidz.org	4 Collect hats, gloves, and scarves to donate to individuals in need.	5 Perform random acts of kindness throughout the day.	6 Post a positive quote on your classroom door.	7 Tell someone how happy they make you.																																																																																																		
8 Create holiday cards for your family members.	9 Compliment someone in front of others.	10 Offer a no homework day as a reward for students' collective acts of kindness.	11 Organize a day where students bring small tokens and notes of appreciation for their teachers.	12 Start a complement chain where each student gives a compliment to another.	13 Host a pajama day for students.	14 Do something you love.																																																																																																		
15 Call someone you miss.	16 Send cheerful holiday cards to elders using our Kindness Notes for Elders RAKtivist toolkit.	17 Have students write and share their own kindness pledges.	18 Draw a winter picture and give it to someone to brighten their day.	19 Organize a group of students to sing carols at local senior centers.	20 Focus on completing one goal today.	21 Spend quality time alone or with someone you enjoy being with.																																																																																																		
22 Call a friend to catch up.	23 Create cards to give to those temporarily unhoused in your community. You can drop off at a local shelter or distribute yourself.	24 Spend the day reflecting on all the amazing things in your life.	25 Unplug completely and enjoy the day.	26 Relax. Enjoy the day.	27 <b>Wrap Up the Year with Kindness: Join the RAKtivists!</b>	28 Start a new book.																																																																																																		
29 List 10 things that you are grateful for.	30 Send your future self a letter with intentions for the coming year using FutureMe: futureme.org	31 Embrace time to relax, reflect, and celebrate!	1	2	<p><b>NOVEMBER</b>                      <b>JANUARY</b></p> <table border="0"> <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>31</td><td>1</td><td>2</td> <td>28</td><td>29</td><td>30</td><td>1</td><td>2</td><td>3</td><td>4</td> </tr> <tr> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> <td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td> </tr> <tr> <td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> <td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td> </tr> <tr> <td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td> <td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td> </tr> <tr> <td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td> <td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</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>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td> </tr> </table>		S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	27	28	29	30	31	1	2	28	29	30	1	2	3	4	3	4	5	6	7	8	9	5	6	7	8	9	10	11	10	11	12	13	14	15	16	12	13	14	15	16	17	18	17	18	19	20	21	22	23	19	20	21	22	23	24	25	24	25	26	27	28	29	30	26	27	28	29	30	31	1	1	2	3	4	5	6	7	2	3	4	5	6	7	8
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# JANUARY 2025

New Year, New Beginnings



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Take books you've finished to a local library or school.														Give a surprise gift to a friend or teacher 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.							<b>New Year, New You: Become a RAKtivist Today!</b>							Write a thank-you note to someone in your life for all they do.						
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Plan a staycation with your family.														New Year, New Opportunities: Join the School Kindness Challenge!														Organize a book swap to share the joy of reading with classmates.							Host a friendship lunch where students sit with someone new and make a friend.							Help organize a recycling drive at school or start a recycling project in your class.							Bring an extra healthy snack to share with a classmate who might have forgotten theirs.							Relax! Watch a movie and share a bowl of popcorn with a friend or family member.						
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Take a walk and enjoy the fresh air.														Offer to study or do homework together with someone who needs extra help.														Make a list of 10 things you hope to accomplish in 2025.							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.						
26														27														28							29							30							31							1						
Use your skills or talents to help someone else, whether it's art, music, or technology.														Exchange personal stories with a new classmate.														Work with your class to organize a small kindness project.							Make an effort to smile at everyone you pass in the halls.							Say thank you to someone who often goes unnoticed, like the janitor or cafeteria worker.							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.							<b>Share the Love: Join the RAKtivists!</b>							Leave anonymous kind notes in your friends' lockers or desks.							Sit with someone new at lunch or invite someone who usually sits alone.							Stay after class to help a teacher clean the classroom.							Write a thank-you note to your teacher for their hard work.							Make Valentine's Day cards for everyone in your class, including those who might feel left out.																				
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<p>← Random Acts of Kindness Week 2025 →</p> <p>Visit <a href="http://www.randomactsofkindness.org/rak-week">www.randomactsofkindness.org/rak-week</a> for ideas to celebrate kindness all week.</p>																																																														
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Create and exchange friendship bracelets with classmates.							Random Acts of Kindness Day 2025							Organize a group to clean up common areas in the school, like the playground or cafeteria.							Share stories about kindness during class, highlighting how it can change someone's day.							<b>Share the Love: Take on the School Kindness Challenge!</b>							Share positive thoughts with a teacher.							Offer to help with chores at home without being asked.																				
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Organize a fun game night to spend quality time with family.							Encourage your family and friends to support a local business, showing love for your community.							Identify a peer 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



**RANDOM ACTS OF KINDNESS**  
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2 Start seeds at home in anticipation of planting in a community or home garden.														3 Organize a canned food drive at school to support a local food bank.														4 Write thank-you cards to local firefighters, police officers and other community heroes.							5 Encourage students to bring reusable water bottles and lunch containers to reduce waste.							6 Start a pen pal program with residents of a local nursing home.							7 Start a mentorship program where older students can mentor younger students or those in need.							8 Arrange a visit to a local nursing home to spend time with the residents.						
9 Unplug from technology and participate in a community activity/ event.														10 Encourage students to lead workshops on topics they are passionate about, like coding, art, or music.														11 Set up a bulletin board to showcase local events, volunteer opportunities, and community achievements.							12 Give someone a genuine and meaningful compliment.							13 <b>Spring into Kindness: Accept the School Kindness Challenge!</b>							14 Offer to help a school staff member with a task.							15 Get your family members together and tell funny stories.						
16 Share an encouraging poem with someone.														17 Pick up trash in your school's hallways.														18 Compliment a classmate about a unique characteristic.							19 Make someone happy today by doing something they love with them.							20 <b>Spring Into Kindness: Become a RAKtivist!</b>							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 Organize a school/ community walk to promote health and wellness.														25 Work with local artists and students to create a mural that represents the community.							26 Smile at everyone you see today.							27 Organize a day to clean up the school grounds or nearby park.							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 volunteer day with friends or family at a community center.														31 Reflect on the month's activities and discuss what students have learned about the importance of community outreach and how they can continue to contribute.														1							2							3							4							5						

# APRIL 2025 Environmental Stewardship



**RANDOM ACTS OF KINDNESS**  
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		Start a recycling program for paper, plastic, and glass.	Organize a school-wide clean-up day.	Create a school garden and grow local plants or vegetables.	Set up compost bins for food waste.	Implement a “no-idling” policy for school drop-offs and pick-ups.																																																																																																		
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Encourage reusable water bottles and ban single-use plastics.	Start a carpool program to reduce carbon emissions.	Upcycle crayons using our RAKtivist toolkit.	Host a clothing swap event to promote reusing items.	Plant trees or native plants around the school grounds.	Set up a “Green Team” club to lead environmental initiatives.	Conduct a waste audit to understand and reduce school waste.																																																																																																		
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Promote “Bike or Walk to School” days.	Use eco-friendly products for school cleaning supplies.	Organize a book or supply donation drive to reduce waste.	Implement a lights-off policy when rooms are not in use.	Start a rainwater collection system for the school garden.	Encourage digital assignments to reduce paper use.	Host workshops on upcycling and creative reuse of materials.																																																																																																		
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Create a nature trail or outdoor classroom.	Promote Meatless Mondays to reduce carbon footprints.	<b>Make Earth a Kinder Place: Join the RAKtivists!</b>	Set up a seed exchange program for students and staff.	Organize a “Green Fair” to showcase sustainable practices.	Integrate environmental education into the curriculum.	Encourage proper disposal of hazardous materials, like batteries.																																																																																																		
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Install energy-efficient lighting and appliances.	Run a poster or art contest focused on environmental themes.	<b>Earth Day, Every Day: Join the School Kindness Challenge!</b>	Collaborate with local environmental organizations for resources and support.																																																																																																					

# MAY 2025

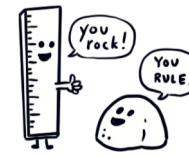
## Mental Health Awareness



**RANDOM ACTS OF KINDNESS**  
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Chalk the Walk using our RAKtivist toolkit.														<p>Teacher Appreciation Week (May 5-9)</p> <p>Do something kind for your teachers every day this week.</p>														<p>Nurse Appreciation Week (May 6-12)</p> <p>Tell the nurses you know thank you for their work.</p>																																																																					
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Nurse Appreciation Week (May 6-12)														Encourage students to start a gratitude journal and write down three things they're thankful for each day.														Help set up a "calm corner" in the classroom where students 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 a classmate who might be having a tough time.																											
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Take a break during the day to do some stretching or a quick exercise routine.														Encourage students to wear green (the color of mental health awareness) to show support														<b>Mental Health Matters: Take on the School Kindness Challenge!</b>														Share a fact or tip about mental health during morning announcements.														Create posters that promote mental health awareness and display them around the school.														Set up a display in the library with books about mental health, self-care, and well-being.														Create a bulletin board with positive affirmations and mental health tips.													
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Encourage students to take breaks and practice self-care.														Challenge students to take a break from screens for a day and engage in face-to-face activities instead.														Talk about the importance of sleep for mental health and encourage good sleep habits.														Encourage everyone to drink enough water throughout the day and discuss the importance of hydration for mental health.														Promote the use of school counselors and how they can help.														Write a thank you note to a teacher or staff member thanking them for their support.														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 Set up a display in the library with books that feature diverse characters and stories.	3 Share a daily quote during morning announcements that celebrates diversity and inclusion.	4 Include everyone in group discussions.	5 Invite others to join in on games or activities during recess.	6 Educate students 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 Invite a classmate to join you for after-school activities.	10 Encourage students to reach out and offer support to a classmate who may feel excluded or marginalized.	11 Design and post signs around the school indicating that it's a safe space for everyone, regardless of identity.	12 Encourage students to perform a random act of kindness, especially towards those who might feel left out or different.	13 Create a space where students can share their experiences and listen to others in a non-judgement environment.	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 Have students write or share stories about times they felt included or helped someone else feel included.	17 Work together as a class or school to write a pledge to promote inclusion and kindness, and have everyone sign it.	18 Encourage students to write thank-you notes to peers, teachers, or staff who have been supportive allies.	19 Host a talent show where students are encouraged to showcase their unique talents, promoting self-expression and diversity.	20 <b>Kick of Summer with Kindness: Join the RAKtivists!</b>	21 <b>Celebrate Inclusion: Join the School Kindness Challenge!</b>																																																																																																		
22 Write letters of support to marginalized individuals or organizations.	23 Volunteer together for school or community events.	24 End the year with a celebration that highlights the uniqueness of each student, recognizing and appreciating everyone's identity.	25 Encourage families and students 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 Encourage students to reflect on what they've learned about inclusion and how they can continue to be inclusive in their everyday lives.	1	2	3	<p style="text-align: center;"><b>MAY</b> <span style="float: right;"><b>JULY</b></span></p> <table style="width: 100%; border-collapse: collapse;"> <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



**RANDOM ACTS OF KINDNESS**  
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		Highlight a classmate's achievement.	Post study tips that have helped you.	<b>Celebrate Independence with Kindness: Become a RAKtivist!</b>	Post a thank-you message to your teachers.	Share a fun fact related to a subject you're studying.																																																																																																																
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Highlight a school club or activity and its benefits.	Post a picture of your study space and why you like it.	Share a favorite school memory.	Post an encouraging message about this time of year.	Share tips for staying organized.	Highlight a student's creative project.	Share a positive story about a school event.																																																																																																																
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Organize an event to create Warm Weather Care kits using our RAKtivist toolkit	Share a picture of your favorite spot on campus.	Highlight an inspiring alumni story.	<b>Summer of Kindness: Accept the School Kindness Challenge!</b>	Share tips for making new friends.	Post a picture of a classroom activity you enjoyed.	Highlight a school tradition and why it's special.																																																																																																																
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Share a positive change you've seen at your school.	Post an encouraging message for new students.	Highlight a school's community service project.	Share a personal academic achievement.	Post a thank-you message to your classmates for their support.	Share a tip for balancing school and extracurricular activities.	Highlight a school's sports team and their positive impact.																																																																																																																
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Post a picture of a favorite school book or textbook.	Share a study playlist that helps you focus.	Highlight a teacher's advice that helped you.	Share a tip for dealing with school stress in a healthy way.	Write a haiku about kindness and post it to inspire others.																																																																																																																		