

# APRIL 2026

**make kindness the norm.**  
randomactsofkindness.org

**SCIENCE SPARK: SPENDING TIME IN NATURE REDUCES STRESS AND BOOSTS MOOD. PAIRING THAT WITH ACTS OF CARE FOR THE PLANET DOUBLES THE FEEL-GOOD DOPAMINE REWARD.**

RANDOM ACTS OF KINDNESS FOUNDATION

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			Grow something green—then give a plant or cutting to a friend or neighbor.	Take a walk and notice the beauty around you. Whisper “thank you” to the trees, sky, and air.	Skip single-use plastic today—reuse, refill, or go without.	Choose a small place—your block, playground, or favorite trail—and keep it clean all month.																																																																																																		
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Carry a refillable water bottle and notice how good it feels to help the planet.	Lean against a tree—breathe in its calm strength.	Pick up trash safely with gloves or tongs. Every piece helps.	Identify three things you love about nature.	Send a note of appreciation to your local park staff, garbage collector, or recycling crew.	Spend one minute in sunlight.	Learn what happens when food scraps turn back into soil—and try composting!																																																																																																		
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Gift a reusable bag, bottle, or mug and inspire someone to do the same.	Plant bee and butterfly-friendly flowers. They’ll repay you in beauty.	Take five slow breaths outside—let the air remind you to slow down.	Create art inspired by the outdoors—then gift or display it to spread appreciation.	Donate clothes, books, or toys instead of tossing them out.	Skip the car for one trip today—move your body, lighten your footprint.	Tell someone their green habit (like using a bike or bottle) inspires you.																																																																																																		
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Take a shorter shower or turn off the tap while brushing—every drop counts.	Give a plant, seed packet, or herb cutting labeled “Grow Kindness.”	Watch the sunset or stars—no phones, just wonder.	Leave water for birds, sugar water for bees, or build a bug hotel.	Replace one disposable thing (napkins, wipes, straws) with a reusable version.	Make or find a playlist of nature sounds—rain, waves, birdsong—and share it.	With friends or family, each share one thing you love about the planet.																																																																																																		
26	27	28	29	30	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>MARCH</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> </table> </div> <div style="text-align: center;"> <p>MAY</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> </table> </div> </div>		S	M	T	W	Th	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9	10	11	S	M	T	W	Th	F	S	26	27	28	29	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6
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Pack or prepare a meal that leaves no trash behind.	Offer to help a neighbor, elder, or school garden grow.	Snap a photo in nature and share one Earth Kindness you practiced.	Join a local cleanup, plant a tree, or host a mini Earth Kindness challenge.	Step outside before bed, look up, and thank the Earth for another day.																																																																																																				