




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 WINKLER COMMUNITY FOUNDATION	 MORDEN AREA FOUNDATION <small>Invest. Partner. Build.</small>	 → #PIFMAY	Share A Story Of Kindness	1 Leave a kind note for someone	2 Run an errand for a busy family member or friend	3 Return a shopping cart for someone at the grocery store
4 Compliment 3 people	5 Donate to a food bank	6 Make a kindness card and deliver it to someone	7 Pay for the order behind you	8 Leave coupons beside items at the store	9 Give away items for free	10 Leave your server a larger than normal tip
11 Write a great recommendation for a business you have enjoyed	12 Pick up trash in your neighbourhood	13 Surprise someone with freshly baked goods	14 Post inspirational sticky notes	15 Let someone go in front of you in the cashier line up	16 Offer to babysit for busy parents	17 Donate pet food, toys or old towels to your local pet shelter
18 Deliver a meal to someone	19 Hold a door open for someone	20 Send a thank you card to an organization that has made a difference in your life	21 Take treats to a local organization	22 Leave a gift card at a gas pump	23 Write a list of what you like about someone and give it to them	24 Volunteer at a local charity
25 Spread words of encouragement	26 Buy a plant, write positive words on the pot, gift it to someone	27 Leave quarters at the laundry mat	28 Take a friend out for lunch	29 Contact someone in your life that has made a difference and tell them	30 Learn the name of someone you see often but do not know	31 Tell yourself something positive - you deserve kindness too!