April 2020

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Tell someone a funny joke	2	3 Mow your neighbour's lawn for them	4
5	6 Let someone else choose the movie you watch tonight	7 Cook a meal for someone	8 ***Today is "how are you?" Day, ask everyone you speak to 'How are you?'	9	10	11
12 Post a 'feel good' quote on your Instagram story	13	14 ***Share a book or podcast with a friend	15 ***clean out your home and donate some items to charities.	16	17	18
19	20	21	22	23	24	25
26 Write Down a Friends Best Qualities (and Give it to Them)	27 Share Your Favorite Recipe with a Friend	28	29	30		

Ronald McDonald House Charities® Sydney

THE GREAT KINDNESS CHALLENGE