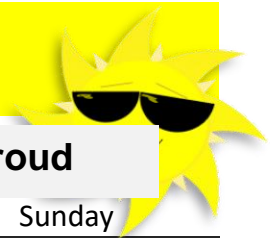


2020 APRIL Be the Sunshine in April



Feel free to share your pics or activities on RA's Facebook Page and hashtag: #RAKindnessRocks #RAproud

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20 Write a letter or send an email to a teacher letting them know why you appreciate them!	21 Do something positive for YOU today-take a walk, read a book, make a craft, etc!	22 Contact a local nursing home and see if they are accepting letter/cards to residents!	23 Contact your local food pantry to see what they are in need of and how you can help.	24 Use sidewalk chalk to write positive messages or drawings to help people focus on positive and	25 Post pictures and or drawings in your windows to help inspire others.	26 Paint kindness rocks and put them outside.
27 Be kind to yourself and do some mindfulness activities. I.e. Yoga, deep breathing, listening to	28 Write a kind note for each member of your household.	29 Be kind to the environment....order seeds and plants for your spring garden	30 Call an elderly person to see if there is anything you can do for them.	01	02	03
04 Other ideas: Help a family member cook dinner, do a chore at home without being asked	05 Facetime/Video chat with a family member you are missing, make a picture or write a letter to a friend that	06 Make a Kindness Bingo with a family member-see who can complete the most acts!	07	08	09	10



Scatter the earth with service
and light in this
SCATTER SUNSHINE IN APRIL
challenge!