



A KINDNESS A DAY

JULY 2020

THEME:
Trying New Things
Hitchadshut



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Make a list of five new experiences you want to try out this month.	2 Learn or teach yourself a new skill, whether it's first aid, meditation, karate or playing the guitar.	3 With sidewalk chalk, decorate your driveway with fun designs and words of encouragement to passersby.	4 Meet a new person in your community and find out something about her.
5 Explore a new genre of music.	6 Take a different route home and see what you notice on the way.	7 Push yourself. Choose to do something out of your normal comfort zone.	8 Try camping! Enjoy the fresh outdoors and learn what it is like to live out in the wild.	9 Learn about a time in history with which you are not familiar.	10 Be curious. Find out about three new topics or ideas.	11 Look at life through someone else's eyes and see his perspective.
12 Find a new way to help or support a cause you care about.	13 Take up tie-dyeing. Tie-dye shirts, shorts, bags or socks and donate them to a local charity.	14 Sign up to join a new course, activity or evening class.	15 Use one of your strengths in a new or creative way.	16 Learn to say a word or phrase in three different languages.	17 Explore a new area of your city.	18 Today, connect with someone from a different generation.
19 Make a lemonade stand with your family and donate the proceeds to a charity that you have not previously supported.	20 Join a friend doing his hobby and find out why he loves it.	21 Face your fear! Today, do one thing that scares you, whether it is going on that big roller coaster or finally sticking up for yourself.	22 Make a meal using a recipe or ingredient you have not tried before. Make enough for your family and for someone else's family!	23 Rise and shine! This morning, wake up in time to watch the sunrise.	24 Organize a nature scavenger hunt with your family.	25 Say hello to someone you see regularly but don't normally talk to.
26 Travel to and explore a new area. If you're able to visit a new state or country, do it! If not, some place local will do the trick.	27 Register for a new and different volunteer opportunity. Reach out to a local agency to see how you can help.	28 Create new memories and experiences that rise above your daily routine. Next time someone asks you to try something that goes out of your comfort zone, give it a try.	29 Broaden your perspective: read a different paper or book, or listen to a new podcast today.	30 Start a "mitzvah log" and record your good deeds daily. This will help you realize how many you are actually performing, and it will encourage you to do even more!	31 Try out a new form of exercise, like biking, yoga or boxing.	