

APRIL

		Help prepare a healthy breakfast for your family 1	Spend 24 hours only speaking and thinking positive. Try your best to eliminate the negative 2	Play a game virtually with a friend or group of friends 3	Weekend Challenge! Offer to help elderly neighbors or friends 4/5
Host a virtual lunch or dinner party for your friends 6	Create and send a fun video to lift someone's spirits 7	Invite a friend to virtually watch a movie together 8	Lead "high/low/hero" or other sharing activity during dinner with your family 9	Give someone you love a virtual or air "High 5" 10	Weekend Challenge! Send a Care Package or Order Essentials for Someone 11/12
Do someone else's chores as a surprise to them 13	Tell a friend or a family member a joke 14	Call your grandparents or an older person you know 15	Write a review for a small business or a book you've read 16	Congratulate a friend on something they've accomplished 17	Weekend Challenge! Celebrate Earth Day (April 22) 18/19
Call a relative you haven't talked to in awhile 20	Draw a picture of flowers and send it to someone you love 21	Clean up a mess that wasn't yours 22	Make an encouraging sign to hang in a window at your house 23	Create a playlist for a friend 24	Weekend Challenge! Plan a Virtual Celebration 25/26
Write a positive note or quote on a sticky note and put it on your refrigerator for all to see 27	Send a favorite book to a friend 28	Ask a friend or family member about their day 29	Chalk your driveway with kind messages for anyone who sees it 30		