

# HONOR LIFE WITH 30 DAYS OF KINDNESS

## APRIL 2021



1

PRACTICE  
SELF CARE



2

COMPLIMENT  
CO-WORKERS

WEEKEND CHALLENGE!



REGISTER FOR THE  
VIRTUAL GREEN 5K!!

5  
GIVE BLOOD



6



THANK A  
TEACHER

7  
SEND COFFEE TO  
A HEALTHCARE  
WORKER



8  
PAINT A  
HAPPY  
ROCK

8

9  
REGISTER AS  
AN ORGAN AND  
TISSUE DONOR!

[iadn.org](http://iadn.org)

9

WEEKEND CHALLENGE!

PLAN A VIRTUAL DONATE  
LIFE MONTH CELEBRATION



12  
CHALK THE  
SIDEWALKS



13  
DONATE YOUR  
SPARE CHANGE



14  
SUPPORT A  
LOCAL SMALL  
BUSINESS



15  
WRITE A  
THANK YOU NOTE



16  
CELEBRATE  
BLUE AND GREEN  
DAY



WEEKEND CHALLENGE!



PICK UP TRASH IN  
YOUR NEIGHBORHOOD

19  
POST A SMILING  
SELFIE ON  
SOCIAL MEDIA



20  
RECONNECT WITH  
FAMILY



21  
HONOR A LOVED  
ONE BY MAKING  
A CONTRIBUTION  
TO IDN



22  
CELEBRATE  
EARTH DAY



23  
HOST A VIRTUAL  
GAME NIGHT  
WITH FRIENDS



WEEKEND CHALLENGE!

TRAIN WITH FAMILY  
AND FRIENDS FOR THE  
VIRTUAL GREEN 5K!



26  
MAKE  
SOMEONE  
LAUGH!



27  
CALL AN OLD  
FRIEND



28  
SIGN UP AS A  
VOLUNTEER



29  
LEAVE POSITIVE  
STICKY NOTES IN  
RANDOM PLACES



30  
GET OUT AND  
GET MOVING

