
A Breath of Humanity

30 Days of Kindness — June 2026

"One small act. One open heart. Every single day."

Use this calendar as your daily guide to spread warmth, connection, and kindness throughout June.

June 2026

Your Daily Kindness Prompts

MON	TUE	WED	THU	FRI	SAT	SUN
<p>1 Write a heartfelt note to someone you haven't spoken to in a while</p> 	<p>2 Pay for a stranger's coffee or tea</p> 	<p>3 Send a text to three people telling them what you appreciate about them</p> 	<p>4 Donate clothes or items you no longer need</p> 	<p>5 Leave an encouraging sticky note in a public place</p> 	<p>6 Smile at every person you pass today</p> 	<p>7 Cook a meal or bake treats to share with a neighbor</p> 
<p>8 Offer to help someone carrying heavy bags</p> 	<p>9 Give a genuine compliment to someone who serves you</p> 	<p>10 Call a family member just to say "I love you"</p> 	<p>11 Volunteer an hour of your time to a local cause</p> 	<p>12 Leave a kind review for a small local business</p> 	<p>13 Pick up litter in your neighborhood</p> 	<p>14 Write in a gratitude journal and share one entry with someone</p> 
<p>15 Let someone go ahead of you in line</p> 	<p>16 Share a book that changed your life with someone</p> 	<p>17 Check in on a friend who has been going through a hard time</p> 	<p>18 Bring flowers or a plant to brighten someone's day</p> 	<p>19 Donate to a food bank or community pantry</p> 	<p>20 Spend quality, screen-free time with someone you love</p> 	<p>21 Write three things you love about yourself - and mean it</p> 
<p>22 Hold the door open and make eye contact with a warm smile</p> 	<p>23 Send a care package to someone who lives far away</p> 	<p>24 Mentor or encourage a younger person in your life</p> 	<p>25 Plant seeds - in a garden or in someone's heart</p> 	<p>26 Listen fully to someone today without interrupting</p> 	<p>27 Leave a generous tip for your server or delivery person</p> 	<p>28 Forgive someone - or yourself - for something from the past</p> 
<p>29 Share a skill or hobby with someone curious to learn</p> 	<p>30 Reflect on this month: write one way kindness changed you</p> 					