

# Kindness every day in May

Spread a little love this spring! Focus on your mental health – or support someone on their mental health journey – by choosing one act of kindness or self-care to do each day in May. Remember to share our spring *Round Up!* campaign at every party, and show us how you're spreading kindness this month by using **#jointhemovement** on social media.

<b>3</b>  <p>Try not to complain today.</p>	<b>4</b>  <p>Let a co-worker know how much you appreciate them.</p>	<b>5</b>  <p>Set aside 10 minutes for prayer or meditation today.</p>	<b>6</b>  <p>Get outside and take a walk in the fresh air.</p>	<b>7</b>  <p>Pamper yourself with a face mask or manicure.</p>	<b>8</b>  <p>Make a list of 10 things you are grateful for.</p>	<b>9</b>  <p>Say hello to everyone you see today.</p>
<b>10</b>  <p>Limit screen time for the day.</p>	<b>11</b>  <p>Have your own 3-minute dance party.</p>	<b>12</b>  <p>Post a nice comment on someone's social media.</p>	<b>13</b>  <p>Text a friend you haven't seen in a while.</p>	<b>14</b>  <p>Take a bubble bath.</p>	<b>15</b>  <p>Watch a funny TV show.</p>	<b>16</b>  <p>Play with your pet.</p>
<b>17</b>  <p>Buy coffee for the person behind you in the drive-thru line.</p>	<b>18</b>  <p>Prepare dinner together as a family.</p>	<b>19</b>  <p>Declutter your desk.</p>	<b>20</b>  <p>Make a list of 3 goals for the year.</p>	<b>21</b>  <p>Send an empowering message to your team.</p>	<b>22</b>  <p>Try yoga or another form of exercise.</p>	<b>23</b>  <p>Leave a surprise gift for a neighbor.</p>
<b>24</b>  <p>Read inspirational quotes.</p>	<b>25</b>  <p>Spread the word on social about a small business or organization you love.</p>	<b>26</b>  <p>Learn something new today!</p>	<b>27</b>  <p>Make a dream board for your next big adventure.</p>	<b>28</b>  <p>Send a care package or note of support to a teacher or healthcare worker.</p>	<b>29</b>  <p>Share the <i>Round Up!</i> campaign at your party.</p>	<b>30</b>  <p>Leave a 31% tip on your next carryout order.</p>
<b>31</b>  <p>Revisit a hobby or activity you loved as a child.</p>	 <p><b>Be the Give</b> This spring, both you and your Customers can join us as we support the movement to transform children's mental health. There are <b>two</b> great ways to support this cause:</p> <ol style="list-style-type: none"> <li><b>Share our <i>On Our Sleeves</i>™ collection.</b> \$1 from each <i>On Our Sleeves</i>™ Cinch Sac and Zipper Pouch and 50 cents from each Keepsake Journal and Smile Icon-It™ benefits the <i>On Our Sleeves</i>™ movement.</li> <li><b>Round Up!</b> Rounding up is an easy way to help support the movement to transform children's mental health.</li> </ol>					