GOOD DEEDS FOR MAY

May is Military Appreciation and Mental Health Awareness Month. Both are wonderful reminders to check in on those around you and show your appreciation for military service members.

**GRADES K–6**

1. Create a picture frame and put your favorite photo of you and your mom in it to give her on Mother’s Day, May 12. [Here are directions](#) for creating your own picture frame at home or at school.
2. Pack an extra snack and give it to your school bus driver or a teacher that you appreciate.
3. May is often a time for many recitals and performances, so help a friend or family member prepare for an upcoming presentation or performance by watching them practice and giving them feedback on their performance.
4. Honor military veterans and active-duty members by attending a Memorial Day parade or service on May 27.
5. For Mental Health Awareness Month, invite a friend over to your house for a fun movie night to watch Disney’s Inside Out.

**GRADES 7–12+**

1. Use our free lesson plan that helps you get to know a military veteran in your community by writing a letter to someone who was in the military. Use [this online resource](#) to get started!
2. Surprise your mom (or an important mother-figure) for Mother’s Day on May 12 by making her favorite breakfast meal, getting her flowers and a card, or washing her car.
3. Ask your teacher if you can lead your classmates in a mindfulness activity for Mental Health Awareness Month. [Here is a script](#) you can use to lead your class in a quick meditation. You can also just [play this video](#) for everyone.
4. Honor veterans in your community by volunteering to put American flags at the grave sites of service members on Memorial Day, May 27. Contact your local American Legion or VFW offices to find out how you can help these organizations honor our troops.
5. Before your next school dance or Prom, set up a clothing swap for students to donate and share their gently used formal wear (dresses, suit jackets, shoes, ties, jewelry, etc.). Reusing your fancy duds is good for the environment and helps students who might not be able to afford a new outfit for the event!

Please share your good deeds on social media with #mygooddeed.

Teachers/Parents:
Thanks for continuing to teach children about the importance of doing good deeds. Drop us an email if you have any questions at [info@911day.org](mailto:info@911day.org).

Thank you to Random Acts of Kindness, DoSomething.org, Military.com, and The Educator’s Spin on It for all the good deed inspiration.

Provided by MyGoodDeed (911 Day), a 501(c)(3) nonprofit. 5151 California Avenue, Suite 100, Irvine, CA 92617.

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