

# April

## Compassion Calendar

**1** Spend 15 minutes picking up trash in your neighborhood.

**2** Learn about fantastic people with Autism today!  
#WorldAutismAwarenessDay

**3** Ask your friends and family to help you collect money for an Autism charity.

**4** Share a delicious vegan meal with the family.  
Happy #Easter!

**5** Today, start and end your day differently than you normally would.

**6** Write down a list of all things you want to change this season.

**7** Get outside this afternoon and go for a walk in the park! Make sure to stretch  
#NationalWalkingDay

**8** Notice the things you do well today, however small.

**9** Donate your time and talent to a worthwhile cause.

**10** Hug on your siblings today!  
#NationalSiblingsDay

**11** Start planning a meaningful hangout with a friend or family.

**12** Collect old towels, bedding and supplies to donate them!  
#SpringCleaning

**13** Stop spending time on negative thoughts. Use your TouchPoints on the calm setting to resolve them.

**14** Plant seeds of your favorite fruits and vegetables today.  
#NationalGardeningDay

**15** Educate yourself about Autism Spectrum Disorder.

**16** Listen to a guided meditation on YouTube with your TouchPoints.

**17** Make a thank you or funny poem to send to your coworkers today.  
#HaikuPoetryDay

**18** Pick up a new healthy habit this afternoon.  
Maybe reading?

**19** Exercise for at least 30 minutes today and wear your TouchPoints!

**20** Take an actual break today. At least 30 minutes!

**21** Give a gift to someone for no reason.

**22** Learn about recyclables or shop sustainable brands online  
#EathDay2021

**23** Find an Autism story in the library today  
#WorldBookDay

**24** Get creative and think of something nice to do for an animal.

**25** Use your TouchPoints to conquer a small fear today.

**26** Get inspired to help others by watching Autism videos on YouTube.

**27** Discover a new healthy recipe to try out

**28** Put on some music and DANCE! It's  
#InternationalDanceDay

**29** Do one thing that cultivates a friendship with your body.

**30** Challenge a negative thought pattern. Stand up to it like you were standing up to a bully!

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