Environmental activist Xiuhtezcatl Martinez and his sister Isa perform at the Bill & Melinda Gates Foundation Discovery Center.

Ten-year-old Ranjitha carries her baby brother Sibu to be vaccinated in Kolar, India.

Safi Boubacar holds her son, Manssour, to receive a vitamin A preparation by vaccinator Seyni Hamadou in Toumandey, Niger.

All lives have equal value.

### APRIL 2020 Action Calendar

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<th>SUNDAY</th>
<th>MONDAY</th>
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<tbody>
<tr>
<td>5</td>
<td>Public Health Week begins</td>
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<td>11</td>
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<tr>
<td>6</td>
<td>April Fool's Day</td>
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<td>Arbor Day</td>
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<td>7</td>
<td>Let someone merge in traffic. Smile and wave.</td>
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<td>22</td>
<td>Earth Day</td>
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<td>World Malaria Day</td>
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<td>23</td>
<td>Let's recognize World Immunization Week begins</td>
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<td>WORLD LIBRARIAN DAY</td>
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### YOUR MONTHLY CHALLENGES

- Do a video chat dinner with friends.
- Ask your librarian about their favorite book.
- Start a lunchtime walking group—and get healthy at work!

### I WILL SUPPORT THESE CAUSES

- [ ]
- [ ]
- [ ]

### I WILL VOLUNTEER AT

- [ ]
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- [ ]

### I WILL TAKE THESE ACTIONS

- For example, post on social media about our cause or donate money to an organization working on this cause.
- [ ]
- [ ]
- [ ]
Patricia Wambui and Riddik Odhiambo pose with their baby Blessing at Umoja Health Centre in Nairobi.

Pharmacist Sharsiya Mahmood poses in the Badarawa Public Health Centre in Kaduna State, Nigeria.

Waste collectors Assane Cissé, Mariama Seck and Djiby Sow in front of the truck that collects and deposits waste at the Janicki Omni Processor in Dakar, Senegal.

**MAY** 2020 Action Calendar

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<td>Teacher Appreciation Day</td>
<td>National Nurses Day</td>
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<td>Day of Families</td>
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<td>Waste collectors</td>
<td>Women’s Check-up Day</td>
<td>Leave a positive sticky note on a classmate’s desk</td>
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<td>International Women’s Day</td>
<td>Read an article on a new topic to you</td>
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<td>Leave a positive sticky note on a teacher’s desk</td>
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**YOUR MONTHLY CHALLENGES**

1. Visit a virtual museum with your family.
2. Support a local restaurant and get takeout.
3. Offer to do some household chores or errands for a new parent.

**I WILL SUPPORT THESE CAUSES**

1. [List of causes]
2. [List of causes]
3. [List of causes]

**I WILL VOLUNTEER AT**

1. [List of places]
2. [List of places]
3. [List of places]

**I WILL TAKE THESE ACTIONS**

1. [List of actions]
2. [List of actions]
3. [List of actions]

*For example, post on social media about our cause or donate money to an organization working on this cause.*

All lives have equal value.
John Messina spends an afternoon reading with his daughter Aria at a Chicago Public Library.

Gaurav and Prabesh Dhital pose with their father before receiving their typhoid vaccine in Lalitpur, Nepal.

Allhajiya Rakuyi Ahmed, Aisha Ismail and Lami Ibrahim work with Babban Gona, an agricultural investment firm in Nigeria.

**YOUR MONTHLY CHALLENGES**

1. **World Environment Day (4 June)**
   - Read online about the macro- and microecosystems that make up your local region.

2. **Bring extra snacks to work to share (10 June)**
   - Switch to reef-safe sunscreen or sunscreen alternatives like UPF clothing.

3. **World Blood Donor Day (19 June)**
   - Do you know who your local food bank is? Ask them what they may need.

**I WILL SUPPORT THESE CAUSES**

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**I WILL VOLUNTEER AT**

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**I WILL TAKE THESE ACTIONS**

- For example, post on social media about our cause or donate money to an organization working on this cause.

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**SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY**
--- | --- | --- | --- | --- | --- | ---

1 | 2 | 3 | 4 | World Environment Day | 5 | 6

7 | 8 | 9 | 10 | Bring extra snacks to work to share | 11 | 12 | 15

14 | 15 | 16 | 17 | 18 | 19 | World Refugee Week begins

Father’s Day | 21 | 22 | 23 | 24 | 25 | 26 | HIV Testing Day

28 | 29 | 30 | **Tell someone “thank you” to someone who matters to you.**

**LGBTQ+ PRIDE MONTH**

**ALZHEIMER’S AND BRAIN AWARENESS MONTH**

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**JUNE 2020 Action Calendar**

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## JULY 2020 Action Calendar

**Polio survivor Adeel Khan, a graphic designer and social enterprise entrepreneur, poses with his motorcycle in Karachi, Pakistan.**

Friends play in a schoolyard in Managua, Nicaragua.

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### YOUR MONTHLY CHALLENGES

- Join a local ‘buy-nothing’ group and donate an item you no longer use.
- Learn the alphabet in American Sign Language.
- Join a book club.
- Visit a local state or national park.

### I WILL SUPPORT THESE CAUSES

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### I WILL VOLUNTEER AT

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### I WILL TAKE THESE ACTIONS

- For example, post on social media about our cause or donate money to an organization working on this cause.

### NATIONAL PARK AND RECREATION MONTH

1. Send an email to a friend just to say hello.
2. World Population Day
3. Find something you are grateful for.
4. International Day of Friendship
5. Give Something Away Day
6. Disability Independence Day
7. World Hepatitis Day
8. Send an email to a friend just to say hello.
9. World Autism Day
10. International Day of Friendship
11. Find something you are grateful for.
12. Join a local ‘buy-nothing’ group and donate an item you no longer use.
13. Learn the alphabet in American Sign Language.
15. Visit a local state or national park.
16. For example, post on social media about our cause or donate money to an organization working on this cause.
17. Find something you are grateful for.
18. International Day of Friendship
19. Disability Independence Day
20. World Hepatitis Day
21. International Day of Friendship
22. Visit a local state or national park.
23. For example, post on social media about our cause or donate money to an organization working on this cause.
24. Find something you are grateful for.
25. International Day of Friendship
26. Send an email to a friend just to say hello.
27. World Autism Day
28. International Day of Friendship
29. Visit a local state or national park.
30. For example, post on social media about our cause or donate money to an organization working on this cause.
31. Find something you are grateful for.

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All lives have equal value.
Weliton Gikonto receives the polio vaccine in Kiambu, Kenya.

Village chief Long Vuthy educates a group on the use of bed nets to fight malaria in Phnom Dambang Village, Pailin, Cambodia.

All lives have equal value.

AUGUST 2020 Action Calendar

YOUR MONTHLY CHALLENGES

Consider volunteering or joining the board of a nonprofit in your area.

Check out #1000blackgirlbooks and a read a book from the list.

Ask what your workplace is doing to create an equitable work environment.

Watch an online video on bystander intervention—and discuss tips you learn with a friend.

I WILL SUPPORT THESE CAUSES

I WILL VOLUNTEER AT

I WILL TAKE THESE ACTIONS

For example, post on social media about our cause or donate money to an organization working on the cause.
A patron visits the public library in Veria, Greece.

Teenagers in New Delhi, India discuss youth sexual and reproductive health programs during an event organized by the YP Foundation.

Volunteers with the Urban Reproductive Health Initiative share family-planning information door-to-door in Lagos, Nigeria.

All lives have equal value.
Head teacher Princess Sibaya stands in a classroom at the Gugulethu Primary School in KwaMashu, South Africa.

Sapna Rani Roy is part of a collective of mothers who run a school and take turns preparing lunch for the children in Lakhichap, India.

All lives have equal value.

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**OCTOBER 2020 Action Calendar**

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<tbody>
<tr>
<td>1</td>
<td>Let someone merge in front of you in traffic.</td>
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<td>3</td>
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<td>World Teacher's Day</td>
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<td>International Day of the Girl</td>
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<td>Indigenous People's Day</td>
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<td>Global Hand Washing Day</td>
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<td>Make someone laugh</td>
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<td>World Polio Day</td>
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<td>Learn something new about a coworker.</td>
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**YOUR MONTHLY CHALLENGES**

- Become a mentor for a young person in your life.
- Donate a box of pads or tampons to a local women's shelter.
- Make a social media post about the fight against polio.
- Thank a teacher who has made a difference in your life.

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**I WILL SUPPORT THESE CAUSES**

- LGBTQ+ HISTORY MONTH
- ITALIAN AMERICAN HERITAGE MONTH
- HEALTH LITERACY MONTH

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**I WILL VOLUNTEER AT**

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**I WILL TAKE THESE ACTIONS**

- For example, post on social media about our cause or donate money to an organization working on this cause.

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Children wash their hands at a government primary school at Gotha Village in Uttar Pradesh, India.
Mariama Seck works on the Janicki Omni Processor in Dakar, Senegal that takes fecal waste and turns it into water and ash.

A mother stands with her child in front of a latrine in Venceremos, Mozambique.

All lives have equal value.
**DECEMBER 2020 Action Calendar**

Asha Ally stands in her field in Nyandira, Tanzania.

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<td>World AIDS Day</td>
<td>Giving Tuesday</td>
<td>Hand Washing</td>
<td>Week begins</td>
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<td>Human Rights Day</td>
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<td>Hold the door open for someone</td>
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<td>Winter Solstice</td>
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**YOUR MONTHLY CHALLENGES**

- Take the stairs instead of the elevator when you can.
- Know your rights! Read the UN’s Universal Declaration of Human Rights, translated into over 500 languages.
- Opt for seasonal, local produce when buying groceries.

**I WILL SUPPORT THESE CAUSES**

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**I WILL VOLUNTEER AT**

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**I WILL TAKE THESE ACTIONS**

- For example, post on social media about our cause or donate money to an organization working on this cause.

All lives have equal value.