


KINDNESS CALENDAR

February 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			1 Hold the door open for someone	2 Eat lunch with someone new	3 Thank someone for being them	4 Enjoy family time	
5 Clean up a mess you didn't make	6 Make someone laugh	7 Let someone go in front of you while you're in line	8 Draw someone a picture	9 Write a thank you note	10 Introduce yourself to someone new	11 Donate canned foods to the food pantry	
12 Give yourself a compliment	13 Tell someone they are awesome	14 Ask someone how they're doing 	15 Offer help to someone who is in need	16 Give out five compliments	17 Tell a family member three things you love about them	18 Help with the chores at home	
19 Donate toys to kids in need	20 Smile at as many people as you can	21 Write a gratitude list	22 Tell a teacher three things you like about them	23 Give three people an air high five	24 Do something helpful	25 Call a relative you haven't spoken to in a while	
26 Pick up trash around your neighborhood	27 Do a favor without expecting anything in return	28 Talk to someone who you don't normally talk to					