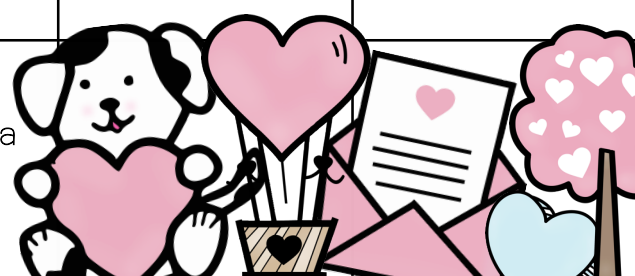


# KINDNESS CALENDAR

# February 2024

| SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   |
|--|---|--|---|--|---|--|
| <p><b>Be the one who makes others feel included.</b></p>       |   |  |   | <p><b>1</b></p> <p>Eat lunch with someone new</p>          | <p><b>2</b></p> <p>Thank someone for being them</p>                                   | <p><b>3</b></p> <p>Enjoy family time</p>                                 |
| <p><b>4</b></p> <p>Clean up a mess you didn't make</p>         | <p><b>5</b></p> <p>Make someone laugh</p>                               | <p><b>6</b></p> <p>Let someone go in front of you while you're in line</p> | <p><b>7</b></p> <p>Draw someone a picture</p>                           | <p><b>8</b></p> <p>Write a thank you note</p>              | <p><b>9</b></p> <p>Introduce yourself to someone new</p>                              | <p><b>10</b></p> <p>Donate canned foods to the food pantry</p>           |
| <p><b>11</b></p> <p>Give yourself a compliment</p>             | <p><b>12</b></p> <p>Tell someone they are awesome</p>                   | <p><b>13</b></p> <p>Ask someone how they're doing</p>                      | <p><b>14</b></p> <p>Offer help to someone who is in need</p>            | <p><b>15</b></p> <p>Give out five compliments</p>          | <p><b>16</b></p> <p>Tell a family member three things you love about them</p>         | <p><b>17</b></p> <p>Help with the chores at home</p>                     |
| <p><b>18</b></p> <p>Donate toys to kids in need</p>            | <p><b>19</b></p> <p>Smile at as many people as you can</p>              | <p><b>20</b></p> <p>Write a gratitude list</p>                             | <p><b>21</b></p> <p>Tell a teacher three things you like about them</p> | <p><b>22</b></p> <p>Give three people an air high five</p> | <p><b>23</b></p> <p>Do something helpful</p>  | <p><b>24</b></p> <p>Call a relative you haven't spoken to in a while</p> |
| <p><b>25</b></p> <p>Pick up trash around your neighborhood</p> | <p><b>26</b></p> <p>Do a favor without expecting anything in return</p> | <p><b>27</b></p> <p>Talk to someone who you don't normally talk to</p>     | <p><b>28</b></p> <p>Hold the door open for someone</p>                  | <p><b>29</b></p> <p>Have lunch with a new classmate</p>    |  |  |