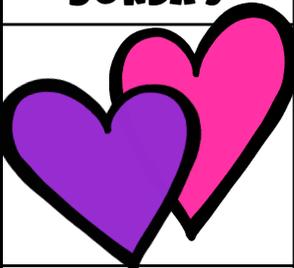


KINDNESS CALENDAR

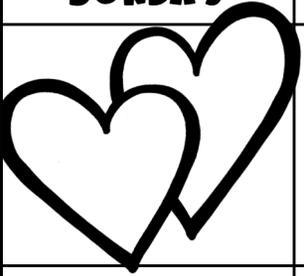
February 2021



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

KINDNESS CALENDAR

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