

# FEBRUARY 2024

*No act of kindness, no matter how small, is ever wasted.*

**Aesop**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> Draw someone a sketch or picture.	<b>2</b> Read with a friend.	<b>3</b> Encourage others to practice kindness: share this calendar!
<b>4</b> Count how many people you smile at today.	<b>5</b> Do something helpful for a friend or family.	<b>6</b> Help clean up your town and pick up litter.	<b>7</b> Say something positive to everyone you meet today.	<b>8</b> Donate books to an organization.	<b>9</b> Write a note to cheer someone up.	<b>10</b> Congratulate someone on a job well done!
<b>11</b> Give a compliment to as many people as possible.	<b>12</b> Leave a nice note for someone at school.	<b>13</b> Help my family do laundry.	<b>14</b> Make a card for someone special.	<b>15</b> Try out the art of positive self-talk.	<b>16</b> Donate clothes to those in need.	<b>17</b> Cook or make a meal and surprise someone.
<b>18</b> Thank those who do things for you but you may take for granted.	<b>19</b> Call someone who is far away to say hello and have a chat.	<b>20</b> Find a way to be kind to yourself today.	<b>21</b> Get outside in nature and feed the birds today.	<b>22</b> Forgive someone and look for the positives.	<b>23</b> Do a good deed to bring a smile to someone's day.	<b>24</b> Turn off digital devices and really listen to people.
<b>25</b> Be kind to you: take a walk and focus on nature's beauty.	<b>26</b> Leave a happy note for someone at home to find.	<b>27</b> Plan extra acts of kindness you will do in March.	<b>28</b> Make someone a homemade gift.	<b>29</b> Create "kindness rocks" and place them at home or in your community.		

## A MONTH OF KINDNESS