

Random Acts of

FEBRUARY KINDNESS CALENDAR

1 Help a friend pick up



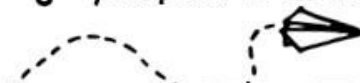
2 Help with dinner



3 Say "please" and "thank you"



4 Smile at everyone you pass in the hall



5 Forgive someone



6 Let someone ahead of you in line



7 Write a thank you note



8 Invite someone to play at recess



9 Set the table for dinner



10 Give someone a compliment



11 Call a friend you haven't talked to in a while



12 Leave a happy note for someone



13 Share a treat with a friend

14 Clean your room without being asked



15 Hold the door open for someone



16 Help someone around the house



17 Bake cookies



18 Donate your old books to the library



19 Say something positive to someone



20 Thank 3 people for something they did



21 Pick up litter



22 Feed the birds



23 Help with the laundry



24 Feed your pets



25 Hold the door for someone



26 Call a friend you haven't talked to in a while

27 Tell someone you love them



28 Watch your favorite movie with a loved one

29 Do a favor without looking for something in return

