



Kindness Calendar



FEBRUARY

Ask someone under a lot of pressure how you can help

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<p>Make a card for someone who just underwent surgery</p> <p>2</p>	<p>Give an encouraging note to a friend</p> <p>3</p>	<p>Frame a friend's favorite quote and give it to them</p> <p>4</p>	<p>Thank the maintenance and cafeteria staff at your school</p> <p>5</p>	<p>Give someone an unexpected compliment</p> <p>6</p>	<p>Write positive messages and put them in pants pockets at a clothing store</p> <p>7</p>	<p>Work a shift in a soup kitchen</p> <p>8</p>
<p>Introduce yourself to someone new</p> <p>9</p>	<p>Give a plant to your teacher</p> <p>10</p>	<p>Don't speak over other people</p> <p>11</p>	<p>Deliver treats or flowers to a neighbor's house</p> <p>12</p>	<p>Teach someone how to make your favorite healthy snack</p> <p>13</p>	<p>Organize a local cleanup effort</p> <p>14</p>	<p>Pledge to use less plastic to lessen your carbon footprint</p> <p>15</p>
<p>Make a teacher smile: surprise them with a treat, note, or kind word</p> <p>16</p>	<p>Record a video message to send to a faraway friend</p> <p>17</p>	<p>Donate dog and/or cat food to an animal shelter</p> <p>18</p>	<p>Reach out to someone you know going through a tough time</p> <p>19</p>	<p>Write a letter to someone who has made a difference in your life</p> <p>20</p>	<p>Draw a picture for a friend</p> <p>21</p>	<p>Clip coupons and put them next to corresponding items at the grocery store</p> <p>22</p>
<p>Write a poem for your parents</p> <p>23</p>	<p>Make care bags to give to homeless people</p> <p>24</p>	<p>Make a friendship bracelet and give it to a new friend</p> <p>25</p>	<p>Accomplish one task on your bucket list</p> <p>26</p>	<p>Put together a "movie night in" basket for your family</p> <p>27</p>	<p>Make homemade play-doh to donate to a preschool class</p> <p>28</p>	<p>Send flowers anonymously to a receptionist</p> <p>29</p>