FEBRUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1 Start a fundraiser online or at your school.	2 Write inspiring notes to leave on random cars in a parking lot.	3 Bring attention to the accomplishments of someone that deserves more recognition.	4 Acknowledge someone when they walk into the room.	5 Buy a new toy for your pet or a pet you know.
6 Donate supplies to a random teacher via an online classroom wishlist.	7 Treat a friend or stranger to an apple cider.	8 Learn how to say "please" & "thank you" in 5 different languages.	9 Listen to an upbeat playlist while you get ready in the morning.	10 Smile and greet other students at school.	11 Expand your circle of friends by inviting someone new to hang out.	12 Learning something new about a different culture.
13 Make an effort to start every conversation on a positive note.	14 When someone does something nice for you, give them a hand-written thank you card.	15 Make plans with someone you haven't been able to connect with for awhile.	16 Write for fun! It can be a story, poem, or even in your journal.	17 Ask & remember the names of people you consistently see.	18 Slip a note of gratitude under a sibling, parent, or roommate's door.	19 Do a chore without being asked.
20 Do five things that make you happy.	21 Praise a classmate on a recent project they worked hard on.	22 Take a shorter shower than usual to conserve water.	23 Donate used towels & blankets to an animal shelter.	24 Learn how to say "hello" in 10 different languages.	25 Start reading a book that's been collecting dust on your bookshelf.	26 Tell a cheesy joke to a friend to make them smile.
27 Donate stuffed animals to a police station or fire department.	28 Start a piggy bank for a cause.	1	2	3	4	5