

# FEBRUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1 Bring attention to the accomplishments of someone that deserves more recognition.	2 Praise a classmate on a recent project they worked hard on.	3 Donate used towels & blankets to an animal shelter.
4 Donate supplies to a random teacher via an online classroom wishlist.	5 Treat a friend or stranger to an apple cider.	6 Learn how to say "please" & "thank you" in 5 different languages.	7 Listen to an upbeat playlist while you get ready in the morning.	8 Smile and greet other students at school.	9 Expand your circle of friends by inviting someone new to hang out.	10 Learning something new about a different culture.
11 Make an effort to start every conversation on a positive note.	12 When someone does something nice for you, give them a hand-written thank you card.	13 Tell a cheesy joke to a friend to make them smile.	14 Write for fun! It can be a story, poem, or even in your journal.	15 Ask & remember the names of people you consistently see.	16 Slip a note of gratitude under a sibling, parent, or roommate's door.	17 Do a chore without being asked.
18 Start a fundraiser online or at your school.	19 Acknowledge someone when they walk into the room.	20 Take a shorter shower than usual to conserve water.	21 Buy a new toy for your pet or a pet you know.	22 Write inspiring notes to leave on random cars in a parking lot.	23 Start reading a book that's been collecting dust on your bookshelf.	24 Make plans with someone you haven't been able to connect with for awhile.
25 Donate stuffed animals to a police station or fire department.	26 Start a piggy bank for a cause.	27 Do five things that make you happy.	28 Learn how to say "hello" in 10 different languages.	29 Mail a thoughtful card to someone.	1	2