

FEBRUARY 2023

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