

February 2018

# Kindness Challenge Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
be kind.				1	wear your be kind shirt	2
				Let someone ahead of you in line.	Hold the door for someone.	3 Do a chore without anyone knowing you did it.
4	5	6	7	8	wear your be kind shirt	9
Call a relative whom you haven't spoken to in a while.	Compliment 5 people.	Put a positive sticky note on the desk of someone you	Thank a teacher or co-worker.	Pick up trash on the sidewalk or hallway.	Volunteer to do something for a friend.	10 Send a handwritten card to someone you haven't spoken
11	12	13		14	15	wear your be kind shirt
Hold the door open every time you can.	Encourage people around you.	Make valentines for 5 people.		Smile at 25 people.	Forgive someone.	16 Ask someone how they are doing and really listen.
18	19	20	21	22	wear your be kind shirt	23
Recycle.	Post a positive message on social media.	Say good morning to 10 people.	Help someone who looks confused.	Tell an appropriate joke and make people laugh.	Write a gratitude list and share on social media.	24 Go for a walk with someone.
25	26	27	28	#t4bt		
Send positive text messages to all your friends.	Sit with someone who is eating or sitting alone.	Leave change in a vending machine or at a cash register.	Tell 3 people how much they mean to you face to face.			
Want to take the challenge to the next level?		Take coffee to your local police officers.	Babysit for free.	Donate books to the library.	Give money to a cause of your	
Consider adding the following challenges to your month!		Donate food to the food pantry.	Visit a nursing home.	Send cards/notes to kids in the hospital.	Send cards/notes to kids in the hospital.	
		Shovel neighbors snow.	Volunteer your time to a cause.	Pay for someone in line behind you.	Give unwanted clothes to Good	