

ACTS OF KINDNESS CALENDAR - FEBRUARY 2018

Kindness costs nothing to give, but means everything when received.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 IT'S CANNED FOOD MONTH Donate a canned food item to your local food pantry or start a canned food drive.	2 Tell someone you are happy to see them.	3 FEED THE BIRDS DAY Leave some crumbs outside for our feathered friends.
4 THANK A MAILMAN DAY Leave a note for your mailman in your mailbox.	5 WEAR RED DAY Wear red to show you Wear The Cape and are Better Than That™.	6 Turn off electronics and listen to a story from a parent or teacher.	7 SEND A CARD TO A FRIEND DAY Mail your friend a card stating why he/she is a great friend.	8 Do a chore for someone in your family.	9 Lend someone in need a hand.	10 Donate old books to your library or an underprivileged school.
11 MAKE A FRIEND DAY Invite a new friend over for a play date.	12 IT'S DENTAL HEALTH MONTH Show off your pearly whites and smile at everyone you see today.	13 Call or email someone who would like to hear from you.	14 VALENTINE'S DAY Tell special people that you love them!	15 Stand up for a friend.	16 DO A GROUCH A FAVOR DAY Give a hug to a friend who looks unhappy.	17 RANDOM ACTS OF KINDNESS DAY You've got this! Create your own Random Acts of Kindness and spread them around.
18 IT'S AMERICAN HEART MONTH Ask someone to go for a walk or bike ride with you.	19 Make a card for a soldier.	20 Hold the door open for a few extra people.	21 Ask someone how you can help them today.	22 Say "thank you" to someone who has made your life better.	23 NATIONAL BANANA BREAD DAY Go bananas by making banana bread for a friend or neighbor.	24 Tell a nice joke and make people laugh.
25 IT'S NATIONAL PIE MONTH Bake a cake or pie for your local EMTs or firemen.	26 TELL A FAIRY TALE DAY Offer to read a book to a younger child in school or at home.	27 Give away a toy that you no longer use.	28 Repeat your favorite Random Act of Kindness from this month.			