



February 2021

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"Tenderness and kindness are not signs of weakness and despair, but manifestations of strength and resolution"
 – Kahlil Gibran

- 1 Start a gratitude journal.
- 2 Do a favor for someone without expecting praise or recognition.
- 3 Share a friend's business, art, or music on social media.
- 4 Ask for help when you need it.
- 5 Come up with an encouraging phrase to repeat to yourself when you're feeling stressed.
- 6 Focus on connections, rather than differences, when you disagree with someone.
- 7 Are you getting enough sleep? Try to turn off screens and settle down 30 minutes earlier each night.
- 8 Slip Kind Notes into your neighbor's mailbox.
- 9 Offer to help a neighbor by taking in their trashcan or walking their dog.
- 10 Drop off lunch to a family doing remote learning.
- 11 Pick a local tradition that interests you and learn more about it.
- 12 Send a funny picture to a friend to brighten their day.
- 13 Before you throw something away, see if you have a friend who could use it.
- 14 Valentine's Day! Tell your friends & family why you are grateful for them.
- 15 When you are being hard on yourself, imagine how you would treat a friend in the same situation.
- 16 Take ten seconds to stop and savor the positive moments in your day.
- 17 It's Random Acts of Kindness Day! Decorate rocks with kind messages to leave around your neighborhood.
- 18 Be kind to workers at your grocery store or other businesses.
- 19 Instead of blaming someone else for a tough situation, think about what you could have done differently.
- 20 Write a Kind Note to yourself.
- 21 Learn more about the founding of a local nonprofit.
- 22 Thank a teacher or educator in your life.
- 23 Apologize genuinely to someone when you've hurt their feelings or made a mistake.
- 24 When you are feeling frustrated, stop and take three deep breaths before you react.
- 25 Check-in with a friend who is going through a difficult time.
- 26 Choose healthy options for your snacks today.
- 27 Practice listening deeply to others instead of being quick to respond.
- 28 Think of one step you can take today towards a larger goal that you have.