

# Kindness Calendar

FEBRUARY 2022



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 dinner to a family with a busy schedule.
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. Happy Valentine's Day! Show the love by telling 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 and other businesses.
19. Instead of blaming someone 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.