

KINDNESS CHALLENGE CALENDAR

FEBRUARY 2024

“HOW DO WE CHANGE THE WORLD? ONE RANDOM ACT OF KINDNESS AT A TIME”
- Morgan Freeman

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

01

Hold the door open for the person behind you

02

Ask someone about their day and listen to their reply

03

Pick up trash or litter

04

Call someone you haven't talked to in awhile

05

Share your favorite book with someone

06

Give an unexpected gift

07

Be kind to yourself by spending time with uplifting people

08

Write a positive note to yourself

09

Invite others to join your group activities

10

Post a positive message on social media

11

Be kind to yourself by setting aside time for activities you enjoy

12

Share a snack

13

Make someone laugh or tell a joke

14

Say "Please" and "Thank You" to express gratitude

15

Practice patience and understanding

16

Thank your teacher or coworker

17

Support a locally owned business

18

Ask to help make dinner or do the dishes

19

Send a thank you note

20

Help someone with a task or carry their belongings

21

Sit with someone who is eating or sitting alone

22

Celebrate the achievements of a friend

23

Be kind to yourself by replacing negative thoughts with positive ones

24

Spend time volunteering

25

Make a playlist of uplifting songs and share it with someone

26

Give your full attention when someone is speaking

27

Be there for friends going through tough times

28

Compliment someone

29

Smile at a stranger

be kind.