



February 2021

Kindness Challenge Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
#bekindcбург #t4bt	1 Smile or say hello to everyone you pass or otherwise meet with.	2 Do a chore or help someone with something without being asked.	3 Hold someone's hand.	4 Pick up litter outside.	Wear be kind apparel! 5 Ask someone how their day/week was and honestly listen.	Self-Care Saturday 6 Read, listen to, or watch uplifting media or music.
7 Play a game with someone.	8 Make it a "Meatless Monday" by eating only vegetarian foods.	9 Give someone encouragement to help get through a tough time.	10 Donate something to a charitable cause.	11 Buy or make a meal for someone.	Wear be kind apparel! 12 Give or suggest a good book to someone.	Self-Care Saturday 13 Take a long walk outside or find a way to move some inside.
*R.A.K. Week 14 Let someone know that you love them.	 15 Thank a teacher, healthcare worker, &/or delivery person.	16 Leave a note on someone's mirror that says "You look AMAZING!"	*Random Acts of Kindness Day 17 Draw or paint a picture for someone.	18 Reduce your carbon footprint by walking or biking somewhere.	Wear be kind apparel! 19 Send a hand-written note to someone.	Self-Care Saturday 20 Take time to appreciate the sunrise and/or sunset.
21 Send someone a picture of a special moment you shared.	22 Refrain from complaining.	23 Publically praise someone for their valued efforts.	24 Listen openly to someone's differing perspective or opinion.	25 Thank a first responder.	Wear be kind apparel! 26 Support a local business.	Self-Care Saturday 27 Try 10 minutes of deep breathing / quiet mediation.
28 Plan to carry on with acts of kindness in March & beyond!	<div> chambersburgcares.org/be-kind </div> <div> Teens for a Better Tomorrow </div> <div>  </div>					