


February 2020

Kindess Challenge Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
be kind.						1 Give someone a heartfelt compliment.
	2 Take time to appreciate the sunrise / sunset.	3 Offer a smile to a stranger.	4 Find a way to be kind to an animal.	5 Tell someone an appropriate joke.	6 Treat yourself to a bubble bath.	7 Wear your be kind shirt! In some way offer to help someone.
8 Donate something to a charitable cause.	9 Write someone a thankful letter of appreciation.	10 Help prepare a meal for someone else.	11 Start a conversation with a stranger.	12 Write and post a positive note to yourself on your mirror.	13 Let someone in front of you in line.	14 Wear your be kind shirt! Share a card or treats with someone you care about.
15 Tell someone you love them.	16 Thank a member of the armed and/or public services.	17  Hug someone. <small>*National Random Acts of Kindness Day</small>	18 Allow yourself time to take a power nap.	19 Reach out to a friend or relative.	20 Read, listen to, or watch uplifting media, music, or video.	21 Wear your be kind shirt! Sit with someone who is eating or sitting alone.
22 Leave bubbles on someone's doorstep or mailbox.	23 Forgive someone.	24 Take a walk outside or find a way to move inside.	25 Give a coffee/tea to a stranger or acquaintance.	26 Ask someone how their day was and honestly listen.	27 Thank someone who serves you today.	28 Wear your be kind shirt! Pick up trash off of the ground.
29 Reflect on Feb. & plan kindness acts for March.						