

Kindness IS A GIFT EVERYONE CAN AFFORD

February 2024

Kindness

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Compliment someone's effort or hard work.	2 Help a classmate with their schoolwork.	3 Share a snack with a friend.
4 Write a kind note to a family member.	5 Say thank you to your bus driver.	6 Give a genuine smile to five people.	7 Make a card for a teacher or coach.	8 Offer to carry something for someone.	9 Listen to someone without interrupting.	10 Donate an old toy or book.
11 Hold the door open for someone.	12 Help with a chore at home without being asked.	13 Share a kind story or quote with a friend.	14 Valentine's Day Give valentine cards with	15 Write a "thank you" note to a community	16 Leave a happy note in a library book.	17 Tell a joke to make someone laugh.
18 Spend quality time with a family member.	19 Offer your seat to someone.	20 Presidents' Day Write about a kind act by a past president.	21 Teach someone a skill or game you know.	22 Speak in a gentle tone all day.	23 Give a friend a small, thoughtful gift.	24 Offer kind words to someone feeling down.
25 Help tidy up a common area at school.	26 Say something nice to someone you rarely talk to.	27 Praise someone for their kindness.	28 Help someone without expecting anything in return.	29 Reflect on your kindest act this month and share it.		