

FEBRUARY 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
Leave a happy note for someone at home to find.

2
Make someone a homemade gift.

3
Draw someone a sketch or picture.

4
Read with a friend.

5
Encourage others to practice kindness: share this calendar.

6
Count how many people you smile at today.

7
Do something helpful for a friend or family.

8
Help clean up your town and pick up litter.

9
Say something positive to everyone you meet today.

10
Donate books to an organization.

11
Write a note to cheer someone up.

12
Congratulate someone on a job well done!

13
Give a compliment to as many people as possible today.

14
Leave a nice note for someone at school.

15
Help my family do laundry.

16
Make a card for someone special.

17
Try out the art of positive self-talk.

18
Donate old clothes to those in need.

19
Cook or make a meal and surprise someone with it.

20
Thank those who do things for you but you may take for granted.

21
Call someone who is far away to say hello and have a chat.

22
Find a way to be kind to yourself today.

23
Get outside in nature and feed the birds today.

24
Forgive someone and look for the positives.

25
Do a good deed to bring a smile to someone's day.

26
Turn off digital devices and really listen to people.

27
Be kind to you: take a walk and focus on nature's beauty.

28
Plan extra acts of kindness you will do in March.

Unexpected kindness is the most powerful, least costly, and most underrated agent of human change.

Bob Kerrey