

Random Acts of Kindness

February 2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|--|---|--|
| | | | | | 1 Bring extra dessert in your lunch to share with someone. | 2 Volunteer at an animal shelter or rescue. |
| 3 Set the table for dinner. | 4 Bring flowers to your teacher. | 5 Donate food to a food bank or pantry. | 6 Donate clothes you don't wear anymore. | 7 Bring treats to the fire station. | 8 Help someone load groceries into their car at the market. | 9 Write a thank you note for the mail carrier. |
| 10 Help with cooking dinner. | 11 Buy a drink for the person in line behind you. | 12 Say thank you to a police officer. | 13 Smile at every person you pass by today. | 14 Hold the door open for someone. | 15 Talk to someone new at school. Invite them to play at recess. | 16 Collect warm clothes and bring them to a homeless shelter. |
| 17 Do your chores without having to be told. | 18 Donate your old toys to a homeless shelter. | 19 Bring treats to the nurses at the local hospital. | 20 Tell someone how much you love them. | 21 Read a book to someone. | 22 Make someone else's bed. | 23 Send a letter to someone at a nursing home. |
| 24 Make an extra effort to only say kind words. | 25 Clean your room. | 26 Pick up litter. | 27 Give a treat to the school bus driver. | 28 Send a card to a service member. | | |
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