


February Acts of Kindness Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Leave a love note where a loved one will find it	2 Wave hello to other drivers and/or pedestrians	3 Fill a bird feeder	4 Leave a thank you note/gift for your mail carrier
5 Wear red to raise awareness for cardiovascular health	6 Leave spare change in a vending machine	7 Send a card to a friend to say you are thinking of him/her	8 Compliment someone	9 Surprise office staff with a pie	10 Babysit for a friend for free	11 Invite a new friend to coffee or breakfast
12 Shovel snow for a neighbor	13 Deliver boxes of tissues to a classroom or office	14 Hand out Valentine's cards to friends or family who won't expect it	15 Pay for the person behind you at a toll booth	16 Pay a compliment to someone in a bad mood	17 Perform acts of kindness all day for RAK day!	18 Park far from the entrance to leave closer spots open for others
19 Leave hand lotion in a public restroom	20 Donate canned foods to a local food pantry	21 Give a family member a back rub	22 Pay someone's parking meter	23 Bake banana bread for your friends and neighbors	24 Walk someone's dog	25 Donate dental hygiene products to a local shelter
26 Volunteer to read fairy tales at a local	27 Call or e-mail your parents	28 Use #SpayDayUSA on social media to raise awareness of overpopulation			