

# February Acts of Kindness Calendar

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

