





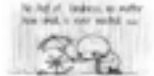






# February a Month of Kindness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Clean up something in the hallway or on the playground	2 Say thank you to someone who helps you 	3 Clean up something without being asked	4 Do something kind for someone in the community
5 Do something kind for the earth 	6 Wave and say hello to 5 new people today	7 Play with or include someone new at recess 	8 Mix it up at lunch and get to know somebody new	9 Pass on smiles to everyone you see  Find a new friend Scavenger Hunt	10 Give a compliment to someone and add it to the kindness board	11 Smile and wave at someone you don't know. 
12 Give a high five to someone	13 Write a kind note to someone 	14 Pass on a smile, a hug or a friendly greeting	15 Write a thank you note to someone you appreciate	16 Perform a random act of kindness at school 	17 Give a teacher a high five	18 Perform a random act of kindness in the community
19 Share something with someone 	20 Give a high five, smile, hug or wave to someone you love	21 Write a poem for a friend	22 Help someone at recess 	23 Share something with someone about yourself	24 Help keep our school clean by cleaning out your lockers 	25 Tell someone you like them
26 Give something to someone in the community whether it is a smile, something you don't use anymore or wave.	27 Find out 3 new things about someone you don't know very well. 	28 Write a poem or story about what kindness means to you	