## February 2023

Kindness Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Practice kindness | 1 <br> Offer to throw your friend's thrash away at lunch. | 2 <br> Offer to sharpen someone else's pencil. | 3 <br> Give someone a compliment. | 4 <br> Tell somebody what you like about them. |
| 5 <br> Offer to do something special at home. | 6 <br> Hold the door open for others. | 7 <br> Offer to erase the board at the end of the day. | 8 <br> Thank an adult at school for something they did for you. | 9 <br> Name the thing you like most about each person in your class. | 10 <br> Tell the bus driver what you like most about him or her. | 11 <br> Tell somebody at home how wonderful they are. |
| 12 <br> Tell a neighbor what you like most about them. | 13 <br> Write a thank you card to your parent/guardian for ALL they do for you. | 14 <br> Offer to help someone in class today. | 15 <br> Write a note to a friend about why you like having them as a friend. | 16 <br> Apologize to someone in your class that you may have hurt in the past. | 17 <br> Say please and thank you in the lunch line. | 18 <br> Say please and thank you to your parent/guardian. |
| $19$ <br> Help do chores around the house. | 20 <br> Help someone with their homework or classwork. | 21 <br> Say hello to someone you don't normally talk to. | 22 <br> Share something of yours with a classmate, | 23 <br> Offer to help your teacher with something today. | 24 <br> Help make sure the floor in your classroom is clean. | 25 <br> Pick up things on the floor at home. |
| 26 <br> Say nice things to others at home. | 27 <br> Write a thank you card to your teacher for ALL they do for you. | $28$ <br> Give someone a great big smile. |  |  | loe |  |

