

Kindness Calendar February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>My father said there were two kinds of people in the world: givers and takers. The takers may eat better, but the givers sleep better. ~ Marlo Thomas</i></p>						<p>1</p> <p>Pass along nice things someone else said about a friend</p>
2	3	4	5	6	7	8
Collect books to give to a school, nursing home, or shelter	Pay someone a compliment.	Offer to run an errand for a busy friend	Smile and say "Thank You" often	Offer to help an elderly neighbor or friend with yard work	Bring a treat to work to share with your coworkers.	Let someone out into a line of traffic
9	10	11	12	13	14	15
Be appreciative and gracious when receiving a compliment	Send dessert to someone's table.	Drop off a toy or game at a homeless shelter.	Donate time or resources to your local food pantry	Pass along a great book you've just finished reading.	Give a stranger a sincere compliment	Be the one to shift the negative conversation.
16	17	18	19	20	21	22
Smile and wave back to children who wave at you.	Offer your mail carrier a bottle of water or tasty snack.	Pay for the person behind you in line	Hold the elevator.	Buy a magazine subscription and send it to a nursing home	Volunteer to read to kids at an after school program.	Say "please" and "thank you" - and really mean it.
23	24	25	26	27	28	29
Tell a friend you appreciate them	Compliment a job well done or a kindness	Inspire someone today	Take a minute to offer directions to someone who is lost	Put something you no longer need on craigslist.org for free.	Make it a point to pay someone a sincere compliment today	Ask someone to share a recipe of theirs that you love