

RANDOM ACTS OF

Kindness

Calendar • February 2024

Choosing to be kind to others and yourself can make the biggest difference. During the month of February, join us in celebrating the impact that kindness has in our everyday lives!

SUN

MON

TUE

WED

THU

FRI

SAT

Kindness Resources Available at



RMCCHARITY.ORG



4
Create a list of 3 things you are grateful for.

5
Compliment a classmate.

6
Respect others' personal space & boundaries.

7
Create a kindness card for someone.

8
Volunteer to help your teacher.

9
Include a new friend in your game.

10
Garden with your family.

11
Play a game that you love.

12
Join or volunteer to start a kindness club.

13
Listen to a friend without judgment.

14
Post a positive quote on social media.

15
Eat lunch with someone new today.

16
Volunteer to pick up trash at lunch.

17
Try a new recipe with your family.

18
Try a new hobby today.

19
Remind your closest friends how much you care about them.

20
Post an inspiring story on social media.

21
Check-in with a friend you haven't spoken to in a while.

22
Take a walk and enjoy the fresh air.

23
Listen to your favorite music with others.

24
Enjoy your favorite snack.

25
Unplug from technology today.

26
Create a bucket list with your friends.

27
Write a kind note to your teacher.

28
Create a list of your strengths.

29
Leave a positive message for someone.

In partnership with:

