











RANDOM ACTS OF Kindness

CALENDAR • FEBRUARY 2022

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.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Compliment Cards Kindness Cards Thank You Cards Post-It Positive Cards RMCCHARITY.ORG 		1 Spend 30 minutes doing something you love today.	2 Smile at everyone you see today.	3 Post a meme on social media to make people laugh.	4 Leave Kindness compliments for people to take.	5 Watch your favorite movie with a loved one.
6 Draw a picture for someone.	7 Put electronics away when in the company of others.	8 Hold the door open for someone.	9 Share a snack with a peer or colleague.	10 Send a kind text or email to 3 people today.	11 Give your pet extra attention today.	12 Post something positive about yourself on social media.
13 Say Hello to everyone you see today.	SPRIT WEEK AND RANDOM ACTS OF KINDNESS WEEK					19 Reach out to someone you have hurt and say you are sorry.
	14 Share what your dream is for a kinder world. <i>"Dreaming of Kindness"</i> Pajama day 	15 Pick up any trash you see on the floor. <i>"Peace, love, and kindness. Be kind to the environment"</i> Tie-dye day 	16 Eat lunch with someone new. <i>"Mixed up in kindness"</i> . Wear a mix match outfit! 	17 Complete a random act of kindness for someone. <i>"Team Kindness"</i> Wear your favorite sports/sports team swag 	18 Post your favorite motivational quote. <i>"emPowered by kindness"</i> Super HERO day 	
20 Tell someone why you are thankful for them in a Thank You note.	21 Make a list of all the things you love about yourself.	22 Leave a kindness card or a nice note in a random place for someone.	23 Leave a positive comment on someone's post.	24 Make a list of 3 things you are grateful for.	25 Compliment a peer you do not normally talk to.	26 Make yourself your favorite snack.
27 Let someone skip ahead in line.	28 Reach out to someone you have not talked to in a while.	Share your Acts of Kindness and tag us.  @AntiBullyingInstitute  @Anti-BullyingInstitute  @ABI_Bullying		 OPERATION KINDNESS MAKING A DIFFERENCE IN OUR COMMUNITY		
					