



# FEBRUARY



acts of kindness

1  
Send a postcard to a friend or family member

2  
Let your sibling go first for something

3  
Your Choice!

4  
Call a friend or family member you haven't talked to in a while

5  
Donate clothes, toys or books you've outgrown

6  
Write a Thank You to your mailperson & put in your mailbox

7  
Write Valentines to your family and send them in the mail

8  
Play with a new friend at recess

9  
Write your teacher a thank you note or draw a picture

10  
Compliment a friend

11  
Feed the birds

12  
Help someone with their chores

13  
Paint Kindness or Happy rocks and go for a walk & leave them randomly

14  
It's Valentine's Day! Let your friends know how much they mean to you!

15  
Share your favourite thing about each other at dinner

16  
Draw a picture for a friend or family member

17  
Your Choice!

18  
Help with dinner or the dishes

19  
Donate colouring books to the hospital

20  
Make a Be Kind Poster and hang it in the window

21  
Thank your parents!

22  
Open the door for someone

23  
Share without being asked to

24  
Help a younger sibling with their homework

25  
As a family, make a care package for a friend or family member

26  
Read a story to a friend or family member

27  
Help mom & dad

28  
Help clear snow





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