

FEBRUARY KINDNESS CALENDAR

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAUTURDAY	SUNDAY	MONDAY
1 <u>Enjoy a Mindful Practice of Gratitude</u>	2 <u>Create an "Erasure" Poem</u>	3 <u>Give Thanks Before a Meal</u>	4 <u>Complete a Gratitude Exercise</u>	5 <u>Give Someone a Genuine Compliment</u>	6 <u>Spend Quality Time with a Friend</u>	7 <u>Call a Family Member to Say Hello</u>
8 <u>Document Your Acts of Kindness From the Day</u>	9 <u>Send Someone a Kindness Card</u>	10 <u>Donate Anonymously to a Cause</u>	11 <u>Name Someone's Act of Leadership</u>	12 <u>Take an Online Workout Class with BurnAlong</u>	13 <u>Be Patient With Others When You're Angry</u>	14 <u>Valentine's Day Give the Gift of Kindness</u>
15 <u>Ask Someone What They Enjoy Doing</u>	16 <u>Practice Active Listening</u>	17 <u>Interact With Your Online Classmates</u>	18 <u>Take a Break to Prevent Burnout</u>	19 <u>Eat an Environmentally Friendly Lunch</u>	20 <u>Enjoy a Quiet Walk in Nature</u>	21 <u>Practice Meditation to Reduce Anxiety</u>
22 <u>Focus on Completing a Task</u>	23 <u>Practice Body Positivity with Self-Affirmations</u>	24 <u>Write about How You Show Compassion</u>	25 <u>Connect with Two People</u>	26 <u>Share Your Feelings with Others</u>	27 <u>Allow Yourself to Sleep in and Relax</u>	28 <u>Study or Work in a New Location</u>