

February 2020

Daily Intention/Random Acts of Kindness Calendar

Be a nice human.

–Anonymous

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 Ask your neighbor if they need any help outside their house	4 Thank a custodian for keeping your school clean.	5 Just be grateful for all that you have.	6 Use courage to do what you are afraid of doing.	7 Tell a joke to someone	8
9	10 Thank an adult in school for something they do.	11 Today is a great day to spread compliments	12 The person who does the work is the only one who learns.	13 Mistakes mean that you are trying.	14 Wish your teacher a nice weekend, at the end of the day.	15
16 WEEK OF KINDNESS	17 No School	18 Create positive messages for classmates through the week	19 Hold the door for the person behind you.	20 Invite someone new to play with you at recess	21 Tell your family members that you love them	22
23	24 Take 3 deep breaths when you feel tired or frustrated.	25 Feeling stressed? Scribble or doodle on paper	26 Change your words- change your mindset!	27 If you quit once, it becomes a habit... Don't quit!	29	