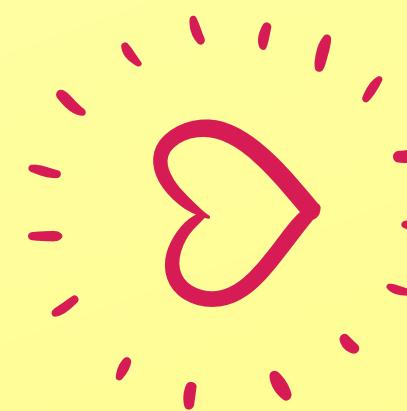




FRIENDSHIP FEBRUARY



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2

Call or text an old friend to say you miss them

3

Say hello and introduce yourself to someone new

4

Write a thank you card to someone who helped you

5

Give three people a compliment (on something besides their clothes)

6

Offer to help a neighbor (shovel their driveway, take out their trash, etc.)

7

Donate items to a local shelter or food bank

1

Share this calendar

8

Bring a meal to someone in need

9

Bring cookies to your local fire department/police station

10

Invite someone new to sit with you at lunch

11

Give someone a hug (with their consent!)

12

Let someone go ahead of you in line

13

Make someone laugh

14

Bring your teacher/boss a special treat

15

Donate used books to a book bank

16

Send a care package to troops serving their country

17

Leave notes with positive messages in public places for strangers to find

18

Hold the door open for someone

19

Tell three people why you are grateful for them

20

Do something for the planet (plant a tree, pick up trash, turn off the lights, etc.)

21

Stand up for someone or something

22

Make a donation to a cause you care about or volunteer your time

23

Do someone a favor

24

Clean up a mess or organize something

25

Ask someone how they're doing and really listen to what they say

26

Take a moment to be kind to yourself

27

Leave a thank you card for your mail delivery person or someone else who works in your community

28

Send someone a gift card anonymously

29

Continue to practice kindness everyday!

"Kindness is a gift everyone can afford to give."