



# FRIENDSHIP FEBRUARY



SUN	MON	TUE	WED	THU	FRI	SAT
						1 Share this calendar
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	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."*