

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

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Share this calendar	2 Write a mission statement about the kind of friend you want to be
3 Mail a family member/friend a card with a positive message	4 Compliment three people	5 Let someone go ahead of you in line	6 Leave a positive message for someone to find in a public place	7 Call a friend you miss	8 Bring your teacher a special treat	9 Donate clothing, toys, etc. to a local shelter
10 Volunteer for a local non-profit organization	11 Make a thank you card for your postal worker and leave it in your mailbox	12 Hold the door open for someone	13 Invite someone new to sit with you at lunch	14 Give someone a Valentine's Day card who wouldn't expect one from you	15 Play with someone new on the playground	16 Drop off cookies at your local fire department or police station
17 Write down three things you like about yourself	18 Give a friend a hug	19 Say hello to someone you don't know	20 Collect canned goods for a local food bank	21 Make a card and/or send a care package to someone in the military	22 Tell someone why they are important to you	23 Make dinner for someone
24 Donate books you no longer need to a library	25 Bring pet supplies to a local animal shelter	26 Help an elderly neighbor (shovel snow, walk their dog, etc.)	27 Write down something you learned about friendship this month	28 Continue to practice kindness everyday!		

**FEBRUARY 2019**



**THE NORA PROJECT**