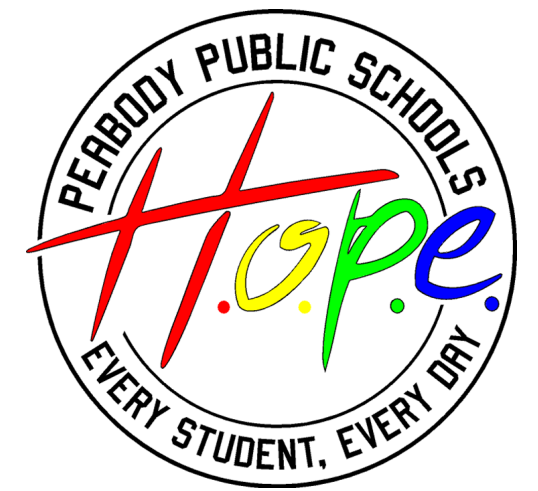


February

Kindness Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Make a list of all the reasons why you are awesome	2 Help someone with something that is hard for them	3 Do a good deed - like pick up a pencil	4 Cheer somebody up	5 Make cards for nursing home residents	6 Hug or high five a teacher	7 Make someone laugh
8 Help make breakfast for your family	9 Make a craft out of recyclables	10 Clean up your class at the end of the day	11 Write a thank you note to someone who helps you	12 Thank all of the staff in the main office	13 Give valentines to your class	14 Clean your room
15 Compliment someone	16 Smile at everyone you see today	17 Hold the door for someone	18 Help out another student	19 Tell someone a reason why you like them	20 Tell a friend you appreciate them	21 Help with the laundry
22 Make a family member a card	23 Help with the dishes	24 Thank all the school cafeteria workers	25 Clean up a mess you didn't make	26 Say "hi" to someone new	27 Thank all of the school custodians	28 Take out the trash

Note

Complete this kindness calendar every day throughout the month of February!



<https://peabody.k12.ma.us/peabody-promise>

Peabody PROMISE is the City of Peabody's Initiative for Mental Wellness, Bullying Prevention, and Suicide Prevention.