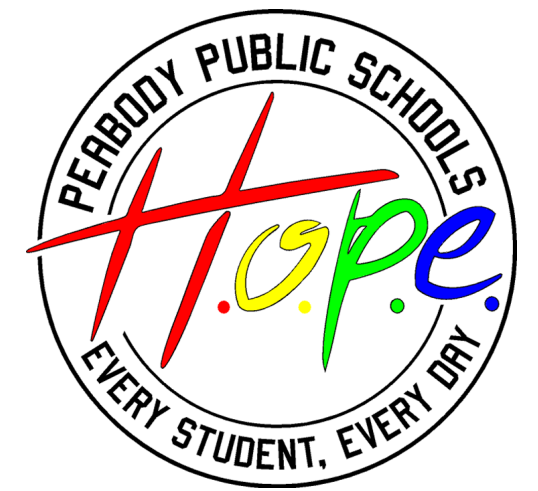


February

HMS 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 Say thank you to a teacher or staff member	5 Make a card or write a note to a friend	6 Offer to help an adult with a task/chore	7 Make someone laugh
8 Think of one thing you can do to help your family/friend	9 Spend time doing an activity you enjoy	10 Clean up your desk at the end of the day	11 Write a thank you note to someone who helps you	12 Look for opportunities for community service	13 Say "Good morning!" to someone	14 Offer to help a family member/friend
15 Compliment someone	16 Smile at someone you see today	17 Hold the door for someone	18 Help another student with something	19 Tell someone a reason why they are a good friend	20 Tell a friend why you appreciate them	21 Think of things you do that make you a kind person
22 Make a family member a card	23 Help with a chore	24 Tell a family member one reason why you appreciate them	25 Help clean up a mess you didn't make	26 Say hello to someone new	27 Spend time with a friend	28 Make a list of all of the Kindness Calendar activities you did this month!

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.