

PVMHS
Kindness Calendar

FEBRUARY
2026

Sponsored by
Peabody PROMISE

SUN	MON	TUE	WED	THU	FRI	SAT
1 Call someone and check in on them	2 Give someone a compliment	3 Donate a coloring book to the SAVE Promise Club	4 Say thank you to your teacher when you leave class	5 Let someone go in front of you the parking lot	6 Thank the cafeteria staff	7 Open the door for someone
8 Check on a neighbor! Do they need help shoveling?	9 Say good morning to your teacher	10 Self reflect: what are your two best qualities?	11 High five people in the hallway!	12 Donate coloring supplies to the SAVE Promise Club	13 Tell someone that they make a difference in your life	14 Tell someone you love them 
15 Eat as a family	16 Tell a friend why you appreciate them	17 Help around the house without being asked	18 Complete 1 hour of community service	19 Help with laundry	20 Give an adult at home a hug	21 Buy someone a coffee
22 Make your bed in the morning	23 Pick up a piece of trash	24 Say good morning to a PVMHS staff member	25 Clean up a mess you didn't make in the cafe	26 Ask a family member what the best part of their day was	27 Self reflect: what are 3 things you're grateful for?	28 Say hello to two people you have never met before