

February 2020

Kindness Month Challenge:

~Bring your calendar back to school each Monday.

~Complete 4 Acts of Kindness in one week, write a reflection, and get recognized in The Lancer and receive a free ice cream at lunch.

~Complete all 7 Acts of Kindness in one week, write a reflection, and get recognized in The Lancer, receive a free ice cream at lunch, AND receive a prize!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 Send an unexpected, handwritten note to a loved one.
2 Do a household chore that a parent or guardian normally does to show them that you appreciate how much they do.	3 Help someone else with their schoolwork.	4 Invite a new friend to eat lunch with you.	5 Bring an extra snack to school and share with someone who doesn't have one.	6 Compliment the first three people you see today.	7 Lend a helping hand when you see someone struggling with a heavy bag or package.	8 Have a "device-free family night". Play board games, tell stories, share laughs, create memories.
9 Offer a bottle of water to a neighbor who is working in their yard.	10 Thank a teacher who made a positive impact on your life.	11 Smile at everyone you see today.	12 Give your pet extra attention today.	13 Pick up any litter you see around school or your neighborhood.	14 Give Valentines to all your classmates.	15 Clean out your closet and donate a few things to a local charity that helps the needy.
16 Purposely drop a few pennies on the ground for someone to find.	17 Random Act of Kindness Day: Complete a random act of kindness of your choice.	18 Gather some photos of you and a friend and create a photo album to give to your friend.	19 High five the first five people you see today.	20 Create a get-well card for someone who is sick.	21 Place a colorful, painted rock with a positive message somewhere in your community.	22 Leave a note or treat in your mailbox for your mail carrier.
23 Write a thank you note to a police officer or firefighter to thank them for their service.	24 Leave a cheerful, inspiring note on two different desks in your classroom.	25 Send a friend a picture, song, or video that you think they would enjoy.	26 Create bookmarks with inspiring message and hide them in library books for others to find.	27 Greet someone with a smile and a kind word when they walk into a room.	28 Apologize to someone who you've had a conflict with in the past.	29 Send a friend or family member a picture of a special moment between the two of you.
1	2	Notes: A parent or guardian must initial the calendar square each time you complete an Act of Kindness.				