



February Kindness Month 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Kindness at Home Week</p>	<p>1 Create a family gratitude jar and fill it with things for which you are grateful.</p>	<p>2 Share 3 things you love about a sibling or your grown ups.</p>	<p>3 Do a chore that will help someone in your house.</p>	<p>4 Sort through toys and make a box of things to give to kids in need.</p>	<p>5 If you have a sibling or pet, spend 30 minutes of time relaxing together.</p>	<p>6 Make breakfast for your grown ups. Be sure to make something they like.</p>
<p>7 Kindness to Neighbors + Classmates</p>	<p>8 Give someone in your class a compliment.</p>	<p>9 Send a letter to someone you love but can't see.</p>	<p>10 Reach out to a new kid at Coe and see how they are doing.</p>	<p>11 Zoom with someone you know who lives alone.</p>	<p>12 Do something nice for your teacher. Keep adding to your gratitude jar!</p>	<p>13 Leave a note or cookies for a neighbor.</p>
<p>14 Kindness to Yourself</p>	<p>15 Try something new!</p>	<p>16 Write a list of 5 things you like about yourself.</p>	<p>17 Random Act of Kindness Day! Do something to celebrate!</p>	<p>18 Be creative: paint, dance, sing, draw!</p>	<p>19 Do something that scares you. Keep adding to your gratitude jar!</p>	<p>20 Do something relaxing.</p>
<p>21 Kindness to the Planet</p>	<p>22 Create a recycling system in your house.</p>	<p>23 Write a letter to a cause that helps the planet.</p>	<p>24 Pick an endangered animal to support. Start a coin jar for a cause that can help. Add to your gratitude jar!</p>	<p>25 Encourage a friend or relative to recycle or do more for the environment.</p>	<p>26 Pick up trash around the neighborhood or at a local park. Keep adding to your gratitude jar!</p>	<p>27 Plant now or make a plan to plant flowers or vegetables when the rain stops.</p>
<p>28 Empty and read your gratitude jar!</p>						