



30 Days of Random Acts of Kindness



February 11, 2024 to March 11, 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>11 Random Act of Kindness Week: Set some personal goals for yourself ♥</p>	<p>12 Drink more water and take a nature walk ♥</p>	<p>13 Bake cookies to share at work or school ♥</p>	<p>14 Renew a friendship with someone you've lost touch with ♥</p>	<p>15 Offer a hug and/or a smile to someone who is having a bad day ♥</p>	<p>16 Forgive an offence you have held onto ♥</p>	<p>17 Library Lovers" Month: Donate used books to your local library ♥</p>
<p>18 Wild Bird Feeder Month: Set out seeds or a bird feeder for our fun feathered friends ♥</p>	<p>19 Be patient and support someone who is having difficulty learning ♥</p>	<p>20 Love Your Pet Day: Spend 10 extra minutes doing something for your pet ♥</p>	<p>21 Give up your seat to a pregnant, physically challenged or elderly person ♥</p>	<p>22 Pay a compliment to the first 10 people you talk to today ♥</p>	<p>23 Gather your friends or family. Tell each other what makes him/her wonderful ♥</p>	<p>24 Put away your phone and listen with kindness ♥</p>
<p>25 Letter to an Elder Day: Write a letter/greeting card to/or visit an elderly person ♥</p>	<p>26 Start a healthy habit ♥</p>	<p>27 Tell parents and/or mentor that they are doing a great job ♥</p>	<p>28 Ask someone how they are, look them in the eye, and really listen ♥</p>	<p>29 Leave 10 encouraging sticky notes around your office or school ♥</p>	<p>1 Women's History Month: Hand out a treat to women that impacted your life ♥</p>	<p>2 Buy a homeless person a meal ♥</p>
<p>3 Sustainability and Development Goal Week: #1 - No Poverty: Commit to support economic growth</p>	<p>4 #13 - Climate Action: Carpool or take the bus today ♥</p>	<p>5 #3 - Good Health and Well-Being: Donate your time to a local charity ♥</p>	<p>6 #5 - Gender Equality: Read a book or article on gender respect and equality ♥</p>	<p>7 #2 Zero Hunger: Donate your time to a local charity ♥</p>	<p>8 #17 - Partnership For The Goal: Learn about SDGs and how you can make a difference ♥</p>	<p>9 #3 quality Education: Read to a child or a senior citizen ♥</p>
<p>10 #10 - Reduce Inequity: Write a letter and advocate for injustice ♥</p>	<p>11 #12 - Responsible Consumption and Production Buy second hand ♥</p>	<p>Participate in the Civic Engagement Series Service Project today! (See QR Code for details)>></p>	<p>Participate in the Civic Engagement Series Service Project today! (See QR Code for details)>></p>	<p>Participate in the Civic Engagement Series Service Project today! (See QR Code for details)>></p>	<p>Participate in the Sustainability and Development Goal Poster Presentations Today! (See QR Code for details)></p>	<p>Programming Information:</p> 