



30 Days of Random Acts of Kindness



February 17, 2023 to March 18, 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
12	13	14	15	16	17 Random Act of Kindness Day: Set some personal goals for yourself ♥	18 Gather your friends or family. Tell each other what makes him/her wonderful ♥
19 Wild Bird Feeder Month: Set out seeds or a bird feeder for our fun feathered friends ♥	20 Love Your Pet Day: Spend 10 extra minutes doing something for your pet ♥	21 Be patient and support someone who is having difficulty learning ♥	22 Give up your seat to a pregnant, physically challenged or elderly person ♥	23 Pay a compliment to the first 10 people you talk to today ♥	24 Library Lovers" Month: Donate used books to your local library ♥	25 Read a book to or with a child ♥
26 Letter to an Elder Day: Write a letter/greeting card to or visit an elderly person ♥	27 Start a healthy habit ♥	28 Tell parents and/or mentor that they are doing a great job ♥	1 Women's History Month: Hand out chocolate to women who impacted your life ♥	2 Offer to babysit or pet sit for free ♥	3 Ask someone how they are, look them in the eye, and really listen ♥	4 Buy a homeless person a meal ♥
5 Laugh out loud often and share your smile generously ♥	6 Dentist Day: Schedule your next dental appointment ♥	7 Say "Good morning!" to each person you pass ♥	8 Open the door for others ♥	9 Participate in the CCE Civic Engagement Series Event today - 12:15 PM in Caudell 209	10 Put away your phone and listen with kindness ♥	11 Drink more water and take a nature walk ♥
12 Renew a friendship with someone you've lost touch with ♥	13 BSU RAK Week Donate your time to a local charity ♥	14 BSU RAK Week Offer a hug and/or a smile to someone who is having a bad day ♥	15 BSU RAK Week Forgive an offence you have held onto ♥	16 BSU RAK Week Bake cookies to share at work or school ♥	17 BSU RAK Week Leave 10 encouraging sticky notes around your office or school ♥	18 Make a kindness resolution ♥