



# February 2022 Kindness Challenge



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Create Kindness rocks to leave around your neighborhood	2 Create a card for someone	3 Donate something (it can be to an organization or something to a sibling or friend)	4 Create something to give to someone (art project, card, story, picture)	5 Say "Good Morning" to everyone today	6 Call a friend or family member to say hi!
7 Write a kind note to the mail carrier	8 Pick wildflowers for someone	9 Share with someone	10 Ask your parent or guardian if you can help with a special task	11 Hold the door for someone	12 List 5 things you are grateful for	13 Give a compliment to someone
14 Tell a family member you love them	15 Donate your old books to a library	16 Create a bird feeder (see options below) or make a bird house	17 Today is National Random Acts of Kindness Day! Do a random act of kindness of your choice!	18 Leave a kind note in a library book for someone	19 Make breakfast for your parent/guardian	20 Do an extra chore
21 Help clean up your yard or a local park	22 Create an inspiring chalk walk on your driveway or sidewalk	23 If you are able to, donate a non-perishable food to a local "Blessing Box"	24 Leave a thank you note by your door for delivery drivers	25 Make something for your family	26 Write a thank you note	27 Your choice of an activity
28 Donate your old books to a library	Notes: Bird Feeder Options: <ul style="list-style-type: none"> <li>• <a href="http://gogrowgo.com/how-to-make-peanut-butter-bird-feeder/">http://gogrowgo.com/how-to-make-peanut-butter-bird-feeder/</a></li> <li>• <a href="http://bluecorduroy.com/blog/simplemacrameorangebirdfeeder">http://bluecorduroy.com/blog/simplemacrameorangebirdfeeder</a></li> <li>• <a href="https://www.freebiefindingmom.com/easy-fall-crafts-using-pine-cones/">https://www.freebiefindingmom.com/easy-fall-crafts-using-pine-cones/</a></li> <li>• <a href="https://mamapapabubba.com/2012/11/14/cookie-cutter-bird-seed-feeders-a-toddler-friendly-method">https://mamapapabubba.com/2012/11/14/cookie-cutter-bird-seed-feeders-a-toddler-friendly-method</a></li> </ul>					