

# Kindness Calendar

February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> Share this kindness calendar with others to encourage them to be kind this month.	<b>2</b> Do something kind for your mail carrier.	<b>3</b> Play a game with your children / nieces/nephews/ etc.	<b>4</b> Do something that makes you laugh out loud.
<b>5</b> Encourage someone in person.	<b>6</b> Let someone ahead of you in line or while driving.	<b>7</b> Purchase a small gift for or send a card in the actual mail to a friend.	<b>8</b> Tell people throughout the day that they are really awesome.	<b>9</b> Buy extra items at the grocery store to give to a food bank.	<b>10</b> Call someone just to say hello!	<b>11</b> Go for a walk in nature or drive through an area you have never been.
<b>12</b> Take time to get to know someone at church you don't know well.	<b>13</b> Intentionally smile at everyone you meet today.	<b>14</b> Give a valentine to someone you love.	<b>15</b> Write notes to 3 people telling them how amazing they are.	<b>16</b> Write something positive on social media.	<b>17</b> Forgive someone you have been holding a grudge against.	<b>18</b> Write down 3 things you like about yourself.
<b>19</b> Pray for someone in person.	<b>20</b> Pray for the president and send him an encouraging note or e-mail.	<b>21</b> Be a source of positivity. Say nothing but positive things all day.	<b>22</b> Take time to appreciate someone who does something you take for granted.	<b>23</b> Give some loose change to a charity box.	<b>24</b> Think of someone who needs cheering up. Call or visit them.	<b>25</b> Watch your favorite movie with someone you love.
<b>26</b> Thank God for something you have never thanked Him for.	<b>27</b> Pray for someone without them knowing about it.	<b>28</b> Be kind in your own creative way.				 <p>UPPER ROOM WORSHIP CENTER</p>