








FEBRUARY 2022

make
kindness
the norm.



SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
30	31	1 Black History Month / Chinese New Year Spend an afternoon at a cultural museum.	2 Groundhog Day Follow @RAKFoundation on Instagram to kind-ify your social media feed.	3 Feed the Birds Day Leave small containers of bird seed near a park or lake for other people to feed the birds.	4 Thank your Mail Carrier Day Leave a small gift or note of thanks addressed to your mail carrier in the mailbox. 	5  Play Cupid. Introduce two single people who you think would make a great match.																																																																																																		
6 Super Bowl Host a fun Super Bowl get together with friends.	7 Send a Card to a Friend Day Write encouraging letters to strangers who need them. Google "The World Needs More Love Letters" for details. 	8 Plan to send an anonymous bouquet of flowers or candy to your local nursing home. 	9 Bagel and Lox Day Show appreciation! Bring a variety of bagels to work for your team to enjoy. 	10 Donate interview appropriate clothes to disadvantaged individuals entering the workplace at DressForSuccess.org.	11 Make a Friend Day Host a dinner with acquaintances and invite someone new to the group.	12 FREE DAY! Find a way to show someone you care.																																																																																																		
13 World Radio Day Create a music playlist that inspires you and put it on your phone to listen to regularly.	14 Valentine's Day Hide a love note for your partner in their bag or wallet for them to find during their workday.	15 Think of ways you could be more inclusive at work and in your community.	16 Volunteer to feed the hungry at a shelter or assist in a local food drive.	17 Random Acts of Kindness Day Place encouraging and cheerful notes on three stranger's cars. Visit careforthree.com to become part of a movement.	18 Plan your perfect day and go out and live it.	19 Arrange a romantic date night with your partner.																																																																																																		
RANDOM ACTS OF KINDNESS WEEK! VISIT WWW.RANDOMACTSOFKINDNESS.ORG AND GET INVOLVED!																																																																																																								
20 Bring a pot of tea over to an elderly neighbor's home to enjoy over a long chat.	21 President's Day Plan a neighborhood cleanup day with neighbors to pick up litter.	22 Be Humble Day  Buy flowers or a new plant for your office space and an extra one for a co-worker.	23 National Pie Day Collect baby clothes and supplies and donate to new parents who need them.	24 National Compliment Day Give out sincere compliments today.	25 Learn something new. Take a dance or exercise class.	26 Tell a Fairy Tale Day  Read a bedtime story to the child in your life.																																																																																																		
27 Practice a moment of self-reflection today.	28 Purchase coffee for your team members and write words of affirmation on the lids.	1 Start of Women's History Month	2 World Teen Mental Wellness Day / Ash Wednesday	3	<p>JANUARY</p> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> </table> <p>MARCH</p> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>27</td><td>28</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> </table>		S	M	T	W	Th	F	S	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	S	M	T	W	Th	F	S	27	28	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9
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