








# MARCH 2022

make  
kindness  
the norm.



SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
27	28	1 Start of Women's History Month  FREE DAY! Live your Passion.	2 World Teen Mental Wellness Day / Ash Wednesday  Become a volunteer teen-crisis counselor.	3  Google "You Matter Marathon" and sign up to pass your "You Matter" cards along to strangers, or leave in public places.	4 Employee Appreciation Day  Send your employees a sincere note of thanks for their hard work along with a gift card. 	5 Learn What Your Name Means Day  Discover your family tree and share your findings with your relatives.																																																																																																		
6 Day of Unplugging  Plan a weekend getaway in nature and unplug from all electronic devices.	7  Use less plastic and be more conscious about recycling.	8 International Women's Day  Show your love! Send your mother or maternal figure a large bouquet of flowers or thoughtful gift.	9 Get Over It Day  Forgive an old grudge.	10 Pack Your Lunch Day  Pack extra lunches and hand them out to those in need.	11  Take the children in your life out for a fun afternoon in an amusement park.	12 Plant a Flower Day  Relax by planting new flowers in your garden.																																																																																																		
13 Daylight Saving Time Begins / Good Samaritan Day  Help a stranger in need (for example, help fix a flat tire).	14  Everyone is important. Learn the names of your receptionist, security guard, and custodians.	15 Passover Begins  Pick a street and write "Have a great day!" messages on every driveway in colorful chalk.	16  Contribute a small sum of money to grant a wish of a foster youth.	17 St. Patrick's Day  Host a potluck dinner and suggest guests bring a dish from their original or adoptive culture.	18 Absolutely Incredible Kid Day  Encourage a young person to pursue their dreams and offer help to achieve their goals.	19  Take a hot bath. Soak in a hot tub, preferably with epsom salt and aromatherapy oils.																																																																																																		
20 International Day of Happiness / First Day of Spring Surprise your local market's cashier with a flower bouquet and thank them for all their hard work.	21 World Poetry Day  Spend the afternoon reading some poetry or a novel from your favorite author.	22 International Goof Off Day  Listen to an upbeat playlist while you're getting ready or on your commute to work.	23  Put coins in an expired parking meter.	24  Do an act of kindness for someone and encourage them to pay it forward.	25  Invite a small group of friends out for a fun night of bowling.	26 Make Up Your Own Holiday Day  Create your own fun tradition with family or friends.																																																																																																		
27  Make an effort to be more authentic.	28  Create a kindness idea basket for co-workers to add to and grab ideas from.	29  Babysit, dog sit, or cat sit for free.	30 Take a Walk in the Park Day  Go to a park and spend a relaxing afternoon taking nature photos.	31  Organize a volunteer activity with friends.	<div> <div>FEBRUARY</div> <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>30</td><td>31</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>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> </table> </div> <div> <div>APRIL</div> <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>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> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> </table> </div>		S	M	T	W	Th	F	S	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	1	2	3	4	5	6	7	8	9	10	11	12	S	M	T	W	Th	F	S	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	1	2	3	4	5	6	7
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