

FEBRUARY 2023

make
kindness
the norm.™

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																																
29	30	31	1	2	3	4																																																																																																																
			Follow @RAKFoundation on Instagram to kind-ify your social media feed.	Leave small containers of bird seed near a park or lake for other people to feed the birds.	Leave a small gift or note of thanks addressed to your mail carrier in the mailbox.	Play Cupid. Introduce two single people who you think would make a great match.																																																																																																																
5	6	7	8	9	10	11																																																																																																																
Host a fun Super Bowl get together with friends.	Write encouraging letters to strangers who need them. Google "The World Needs More Love Letters" for details.	Plan to send an anonymous bouquet of flowers or candy to your local nursing home.	Show appreciation! Bring a variety of bagels to work for your team to enjoy.	Donate interview appropriate clothes to disadvantaged individuals entering the workplace at DressForSuccess.org.	Host a dinner with acquaintances and invite someone new to the group.	FREE DAY! Find a way to show someone you care.																																																																																																																
12	13	14	15	16	17	18																																																																																																																
RANDOM ACTS OF KINDNESS WEEK																																																																																																																						
Visit www.randomactsofkindness.org/rak-day for fun resources to celebrate RAK Week & RAK Day																																																																																																																						
19	20	21	22	23	24	25																																																																																																																
Bring a pot of tea over to an elderly neighbor's home to enjoy over a long chat.	Plan a neighborhood cleanup day with neighbors to pick up litter.	Buy flowers or a new plant for your office space and an extra one for a co-worker.	Collect baby clothes and supplies and donate to new parents who need them.	Give out sincere compliments today.	Learn something new. Take a dance or exercise class.	Read a bedtime story to the child in your life.																																																																																																																
26	27	28	1	<table border="0"> <tr> <td colspan="7" style="text-align: center;">JANUARY</td> <td colspan="7" style="text-align: center;">MARCH</td> </tr> <tr> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td> </tr> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td> <td>26</td><td>27</td><td>28</td><td>1</td><td>2</td><td>3</td><td>4</td> </tr> <tr> <td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td> <td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td> </tr> <tr> <td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td> <td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td> </tr> <tr> <td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td> <td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td> </tr> <tr> <td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td> <td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td> </tr> <tr> <td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td> <td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td> </tr> </table>			JANUARY							MARCH							S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	1	2	3	4	5	6	7	26	27	28	1	2	3	4	8	9	10	11	12	13	14	5	6	7	8	9	10	11	15	16	17	18	19	20	21	12	13	14	15	16	17	18	22	23	24	25	26	27	28	19	20	21	22	23	24	25	29	30	31	1	2	3	4	26	27	28	29	30	31	1	5	6	7	8	9	10	11	2	3	4	5	6	7	8
JANUARY							MARCH																																																																																																															
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S																																																																																																									
1	2	3	4	5	6	7	26	27	28	1	2	3	4																																																																																																									
8	9	10	11	12	13	14	5	6	7	8	9	10	11																																																																																																									
15	16	17	18	19	20	21	12	13	14	15	16	17	18																																																																																																									
22	23	24	25	26	27	28	19	20	21	22	23	24	25																																																																																																									
29	30	31	1	2	3	4	26	27	28	29	30	31	1																																																																																																									
5	6	7	8	9	10	11	2	3	4	5	6	7	8																																																																																																									
Practice a moment of self-reflection today.	Purchase coffee for your team members and write words of affirmation on the lids.	Spend an afternoon at a cultural museum.																																																																																																																				