

# FEBRUARY 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**1**  
Place scarves, hats & gloves around town



**2**  
Offer to help with household chores

**Groundhog Day**

**3**  
Gather friends to make enough cards to send to soldiers, seniors or kids

**4**  
Go on a run or a bike ride



**5**  
Text someone good night & that you hope they had a great day

**6**  
Say thank you to a maintenance or cafeteria worker

**7**  
Send a postcard to a friend you miss in a different part of the world

**Send A Card To A Friend Day**

**8**  
Bring an extra snack to give away when you leave the house

**9**  
Invite a group of people you know to the happiest of happy hours & spend 1 hour doing kind acts for others

**10**  
Treat a friend to coffee, lunch or a friend date

**11**  
Share an inspirational video to your social media page

**RAK Week Begins!**

**12**  
Carry extra hand warmers to give out to someone who needs them

**13**  
Write and post positive sticky notes around town

**14**  
Make a handmade card for someone you love

**Valentine's Day**

**15**  
Hold up inspiring signs in your local park to cheer on the runners

**16**  
Leave a generous tip

**17**  
Dedicate the next 24 hours to throwing kindness around like confetti

**Random Acts of Kindness Day**

**18**  
Share a quote that inspires you on social media

**19**  
Reflect on the kindness you spread during RAK Week

**20**  
Buy a new toy for your pet to enjoy or give them a special treat

**Love Your Pet Day**

**21**  
Start your day with gratitude and write a gratitude list

**22**  
Send flowers to a friend or family member



**23**  
Praise a local business online by writing a positive review

**24**  
Create care packs to distribute to the homeless

**25**  
Start growing your hair out to donate to Locks of Love

**26**  
Send a handwritten letter to a friend you've lost touch with

**27**  
Relay an overheard compliment to someone



**28**  
Remind yourself that every single person is going through their own struggles

Random Acts of Kindness Week

KIND ACTS COMPLETED: \_\_\_\_ / 28

FEBRUARY 11 - 17, 2018