

# February 2010

"Kindness is the golden chain by which society is bound together." Johann Wolfgang von Goethe

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Laugh out loud often and share your smile generously.	2 Invite a kid or teenager over for a cooking lesson or collaboration on a cooking project.	3 Open the door for another person.	4 Help a neighbor or friend who has lost a job write a resumé or cover letter.	5 Make a new friend.	6
7	8 Have a donation drive for dog food, cat food and kitty litter for your local animal shelter.	9 Write something nice about your waitperson on the back of the bill.	10 When visiting a hospital, spend a few minutes with someone who has no visitors.	11 Drive safely and courteously.	12 Post kindness stories on a community bulletin board.	13
14	15 Clean up litter on a stretch of road in your neighborhood.  <b>RANDOM</b>	16 Ask the librarian to forgive late fines during RAK Week.  <b>ACTS</b>	17 Collect goods for a food bank or shelter.  <b>OF</b>	18 Hold a kindness concert with a band and give out ideas for kind acts.  <b>KINDNESS</b>	19 Provide homework help to younger relatives or neighbors.  <b>WEEK</b>	20
21	22 Hold the door of the elevator, subway, or bus for someone rushing to catch it.	23 Give a hug to a friend.	24 Drop off a plant, cookies, or donuts to the police or fire department.	25 Say something nice to everyone you meet today.	26 Make an anonymous donation to a charity that is actively helping your community.	27
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