



# A KINDNESS A DAY

# FEBRUARY 2020

**THEME:**  
Acts of Kindness  
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Give an unexpected compliment.
2 Give your waiter/waitress a larger tip than usual.	3 Share your umbrella with someone who forgot theirs at home.	4 Pay for the person behind you in a drive-through lane.	5 On your way to school or work, greet everyone you encounter with a cheerful "good morning."	6 When you're buying food or baking cookies for yourself, buy or bake extra to share at work.	7 While waiting to be seated at a busy restaurant, offer to switch spots with the party behind you.	8 Hold the door open for the person behind you, especially if he or she is carrying bags.
9 At the supermarket, buy an extra can of whatever you are buying to donate to a food drive or food bank.	10 Put an encouraging note in your child's or spouse's lunch bag.	11 Offer to drive someone to the airport.	12 Write a positive comment on your favorite blog, website, or a friend's social media account.	13 Bring a welcoming gift to a new neighbor.	14 Hold the elevator for someone, and press the button of the floor they are going to.	15 Offer to feed your neighbor's or friend's dog while they are away.
16 Give the right of way to a pedestrian.	17 Return the shopping carts left in the parking lot to their rightful place.	18 Save and collect the mini shampoo and soap bottles from a hotel stay and donate them to a homeless shelter.	19 Leave your vending machine change in the slot.	20 If you see people taking a selfie, offer to take it for them.	21 Pay for someone's morning coffee.	22 Offer directions or assistance to someone who appears lost.
23 Let another driver merge into your lane.	24 Give up your seat on the bus for someone else.	25 Smile! Today, try to smile more at those who look upset or down.	26 If you see someone's parking meter has run out, add coins so they don't get a ticket.	27 Give up a parking spot to someone else who is looking, even if you were there first.	28 Tell someone they dropped a dollar, even though they didn't. Then give them a dollar.	29 Pick up five pieces of litter you see on the floor.