

Kids

A KINDNESS A DAY 365 WAYS TO MAKE THE WORLD A BETTER PLACE

FEBRUARY 2021

THEME:

Love
Ahava

 **Areyvut**
kindness · charity · social action
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Buy a gift card for a teacher to express your appreciation.	2 Share your hand sanitizer with a classmate.	3 Make a collage with pictures and gift it to someone you cannot see at this time.	4 Bring the delivered newspaper into your house and leave your neighbor's newspaper on their stoop.	5 Arrange, with permission, to gift a batch of cookies to a neighbor.	6 Surprise a friend with a much-needed gift.
7 Smile at yourself in the mirror today. Remember that love!	8 Gift heartfelt compliments to your siblings, parents, or friends.	9 Send a thoughtful letter to someone who has inspired you to become a better version of yourself.	10 Order beads and gift someone you love with a mask chain.	11 Help a neighbor load or unload their car.	12 Make a grown-up lunch and put a loving note in it.	13 Grab a friend to join you in an act of kindness.
14 Post sticky notes filled with positivity, love, and hope.	15 Pick up the phone and make a check-in call to your grandparent, aunt or uncle.	16 With permission, plan an extra special virtual surprise for a friend's birthday - a drive by, a virtual surprise, or a virtual hug.	17 Greet the maintenance staff, by name, in any building and thank them for a job well done.	18 Write a touching, inspiring note and leave it on a complete stranger's windshield.	19 Take time to thank a strong, powerful woman in your life that has had a positive impact on you.	20 Kiss the mezuzah.
21 Text someone you care about and tell them you were thinking about them and hope they are well.	22 Make a handmade birthday card for someone in your class!	23 Send a video hug message to someone in your life that you are grateful for.	24 Demonstrate the love you have for your pet and feed your pet before you sit down to eat.	25 Call, email or text a classmate who didn't show up to school today.	26 Write a letter to a teacher, rabbi, friend or a coach who has pushed you to be who you truly are.	27 Call your grandparents or an elderly relative or friend.
28 Compliment someone's smile.						