



2018 February Kindness Calendar #STEMKindness Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Hold the door open for someone and smile	2 Talk to someone new at lunch or recess	3 Say 5 names outloud and send well-wishes their way
4 Thank your family or close friends for being there for you.	5 Pick up litter from the playground or in the parking lot	6 Give high fives to at least 5 people throughout the day	7 Say Hello and introduce yourself to a new person	8 Complement at least 3 people today	9 Write a kind note to someone and leave it for them to find	10 Volunteer to do a chore or a task for a friend or family member
11 Clean up your room or toys without being asked	12 Visit the library and leave a smiley face or kind note in your favorite book	13 Thank the lunchroom staff.	14 Write a note to someone telling them 10 things you love about them.	15 Clean out your desk, locker or bookbag to make it neater	16 Say- Have Great Weekend! To at least 5 people.	17 Ask someone if you can help them and do what they ask.
18 Call your grandparent or a family member just to check on them.	19 Tell the principal or your boss something great about a teacher or coworker	20 Make eye-contact and smile at everybody you see today in the hallways.	21 Say "Good Morning" to at least 6 people	22 Take 5 pennies and strategically place them "heads up" around your work or school	23 Make a drawing or a thank you note and leave it in the mailbox for the postman/postlady	24 Help make a meal, set the table and clean up after.
25 Do a chore for someone without them knowing.	26 Take out the trash without being asked.	27 Straighten all the desks in a teacher's classroom	28 Let 3 people go ahead of you in the lunch line.			

If there is one on the calendar that you can't do, check out the link on GeorgiaSTEM.com to a list of [100 Acts of Kindness](#) and pick one to complete.