

February 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 HIGH FIVE FRIDAY! Give everyone you can a High Five!	2 Call a loved one you haven't spoken to lately.	3 Tell a family member why they are SUPER!
4 Sit with a new person in class or at lunch.	5 Let someone skip in front of you for the bathroom.	6 Go out of your way to hold the door open for someone.	7 Buy someone coffee or hot chocolate from Patriot Perk.	8 HIGH FIVE FRIDAY! Give everyone you can a High Five!	9 Send a letter to an out-of-town relative.	10 Perform a RAK for a neighbor.
11 Say hello to someone in a different language.	12 Put a motivational bookmark in a library book.	13 Share your notes with a classmate who's been absent.	14 Tell someone you don't know HAPPY VALENTINE'S DAY!	15 HIGH FIVE FRIDAY! Give everyone you can a High Five!	16 Give positive feedback to a local business.	17 NO COMPLAINTS DAY! Go all day with no complaining.
18 YOU HAVE 24 HOURS. Do as many positive things as you can.	19 Be positive in all your social media activity today.	20 Make as many people smile today as you can.	21 Buy a toy or treat for your pet or a pet you know.	22 HIGH FIVE FRIDAY! Give everyone you can a High Five!	23 Read as many inspirational quotes as you can today.	24 Learn about a local non-profit agency doing positive things.
25 Listen to upbeat, positive music on the way to school.	26 Pick up trash from somewhere in the school.	27 Give a kind note to a friend.	28 Compliment someone.			

RANDOM ACTS OF KINDNESS MONTH