





# February "Family Kindness Challenge"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
						1 Bake cookies for a neighbor.
2 Go for a family walk and pick up trash.	3 Do the dishes together as a family.	4 Give a smile to everyone you see today.	5 Let someone else go in front of you in line.	6 Send an email or text to encourage someone.	7 Invite people over for dinner.	8 Make Valentine Cards.
9 Phone a relative or friend living far away.	10 Read a book to someone younger.	11 Play a family member's favorite game.	12 Take food to the local food bank.	13 Leave inspirational quotes on sticky notes all around.	14 Make a sweet dessert for a sweet person.	15 Do a family member's chore.
16 Donate old towels to an animal shelter.	17 Help make supper together.	18 Send an appreciation message to a relative.	19 Bring flowers to someone.	20 Send a favorite song to someone.	21 Offer to babysit for a family with young children.	22 Take thank you treats to local firemen or police officers.
23 Secretly give a coffee card to someone.	24 Write your parents a note of appreciation	25 Lend a hand to someone today.	26 Offer to walk someone's dog.	27 Give five hugs to family members today.	28 Bring a meal to another family.	29 Do something kind for your neighbor.