

February 2023

#ShipBeKind

Sunday	Monday	Tuesday	Wednesday	Thursday	Family & Friends Friday	Social Media Saturday
Use this calendar to inspire you to do an act of kindness each day in February!	Share the ways you show or experience kindness by posting to the hashtag #ShipBeKind	Daily Kindness Challenge... Can you do it?	1 CUB Great Hall at 11 am Free Heart Donuts Who taught you to be kind? Tell them!	2 Hold the door for someone.	3 Give a friend or family member a small gift or a kind note. Wear #ShipBeKind Swag!	4 Share a post about Kindness on Social Media using #ShipBeKind
5 Call, text or talk to someone you haven't talked to in a while.	6 Stand up for someone.	7 Do something kind for yourself.	8 Catch someone being Kind! Post a pic of someone who is kind!	9 Help someone who is struggling.	10 Ask a friend or family member how their day was. Wear #ShipBeKind Swag!	11 Share a photo of a loved one or pet on Social Media using #ShipBeKind
12 Donate: books, clothing, food, time.	13 Send a message to someone you care about.	14 CUB Great Hall 3-5 pm Paint a Kindness Rock	15 Ask a friend how they are doing	16 Compliment 5 new people.	17 Make a friend or family member smile. Wear #ShipBeKind Swag!	18 Share a Kind act you have done on Social Media using #ShipBeKind
19 Help someone who lives with you.	20 Do a chore for someone without them knowing.	21 Tell someone "Thank You!"	22 Write a card thanking a faculty or staff member.	23 Teach someone something new.	24 Forgive a friend or family member. Wear #ShipBeKind Swag!	25 Share an Inspirational Quote on Social Media using #ShipBeKind
26 Tell someone about a positive experience or share on social media.	27 Thank a first responder.	28 Start a positive thought or gratitude journal.	Everyday Love Yourself	How can you continue to "Be Kind" after the month of February?	To support #ShipBeKind, Mayor Coy declared the month of February as Shippensburg "Be Kind" month.	"Sometimes it takes only one act of kindness and caring to change a person's life." - Jackie Chan



#SHIPBEKIND

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For more info about #ShipBeKind
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