

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!	SAMS Share the ways you show or experience kindness by posting to the hashtag #ShipBeKind	Daily Kindness Challenge... Are you up for the challenge?	Buy Be Kind items 1 during Lunch Paint A Kindness Rock during Resource Wear #ShipBeKind Swag!	2 Hold the door for someone.	3 Give a friend or family member a small gift or a kind note.	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.	BE KIND SPIRIT WEEK 6 Be You! Wear something that shows who you are! Your favorite shirt, your favorite color, your favorite place to visit! Stand up for someone.	BE KIND SPIRIT WEEK 7 Valentwin Day! Dress the same as someone! Do something kind for yourself.	BE KIND SPIRIT WEEK 8 Wear a shirt displaying a message of being kind! Buy Be Kind items During Lunch! Who taught you to be kind? Kindness Tribute during Resource!	BE KIND SPIRIT WEEK 9 All a team! Wear your favorite jersey to show you are on team Kindness! Help someone who is struggling.	BE KIND SPIRIT WEEK 10 Color Competition! 6th grade - white 7th grade - red 8th grade - pink Ask a friend or family member how their day was.	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.	Buy Be Kind items 14 during Lunch! Nominate someone "Caught being Kind" during lunch! Wear #ShipBeKind Swag!	NO SCHOOL 15 Ask a friend how they are doing	16 Compliment 5 new people.	17 Make a friend or family member smile.	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!"	Buy Be Kind items 22 During Lunch! Write a card thanking a teacher/staff! Write a note during Resource! Wear #ShipBeKind Swag!	23 Teach someone something new.	24 Forgive a friend or family member.	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 teacher.	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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