

February 2022

#ShipBeKind

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Use this calendar to inspire you to do an act of kindness each day in February!	SASHS Share the ways you show or experience kindness by posting to the hashtag #shipbekind	1 Start a positive thought journal.	2 Buy Be Kind Pins & Stickers \$1 Who taught you to be kind? Kindness Tribute during Lunch!	3 Hold the door for someone.	4 Wear #ShipBeKind Swag! Give someone a small gift or a kind note.	5 Share a Poem about Kindness on Social Media using #ShipBeKind
6 Call someone you haven't talked to in a while.	7 Stand up for someone responsibly.	8 Do something kind for yourself.	9 Paint A Kindness Rock and give it away Paint a Kindness Rock during Lunch!	10 Help someone who is struggling.	11 Wear #ShipBeKind Swag! Ask someone how their day was.	12 Share a Photo of a Loved one on Social Media using #ShipBeKind
13 Donate: books, clothing, food, time.	14 Send a card to someone you care about.	15 Say "Hi!" to an old friend.	16 Katch someone being Kind! Nominate someone "Kaught being Kind" during lunch!	17 Compliment 5 people.	18 Wear #ShipBeKind Swag! Make somebody laugh.	19 Share a Kind act you have done on Social Media using #ShipBeKind
20 Help make a meal.	21 Do a chore for someone without them knowing.	22 Tell someone "Thank You!"	23 Send a card to a local nursing home. Write a note during Lunch!	24 Teach someone something new.	25 Wear #ShipBeKind Swag! Forgive someone.	26 Share an Inspirational Quote on Social Media using #ShipBeKind
27 Tell someone about a positive experience or share on social media.	28 Help a neighbor.	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

@ship_scmc @shipwellness



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