# February 2023     #ShipBeKind

| Sunday | Monday | Tuesday | Wednesday | Thursday | Family & Friends Friday | Social Media Saturday |
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| 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** 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 and tell them. | **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** Tell someone why you love them. | **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 teacher/staff | **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 |

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For more info about #ShipBeKind Scan the QR Code

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