





# February 2024

# #ShipBeKind

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FAMILY AND FRIENDS FRIDAY  | SOCIAL MEDIA SATURDAY  | SUNDAY  |
|---|--|--|--|--|--|---|
| USE THIS CALENDAR TO INSPIRE YOU TO DO AN ACT OF KINDNESS EACH DAY IN FEBRUARY! | <b>"Take a month to show some kindness for the folks who thought that blindness was an illness that affected eyes alone."</b> - Maya Angelou |  | 1<br>WHO TAUGHT YOU TO BE KIND?<br>   | 2<br>GIVE A FRIEND OR FAMILY MEMBER A SMALL GIFT OR A KIND NOTE<br><b>WEAR YOUR #SHIPBEKIND MERCH!</b>  | 3<br>SHARE A POST ABOUT KINDNESS ON SOCIAL MEDIA USING <b>#SHIPBEKIND</b>  | 4<br>CALL, TEXT, OR TALK TO SOMEONE YOU HAVEN'T TALKED TO IN A WHILE  |
| 5<br>HOLD THE DOOR FOR SOMEONE  | 6<br>STAND UP FOR SOMEONE<br>                               | 7<br>ASK A FRIEND HOW THEY ARE DOING                               | 8<br>SHOW YOUR KINDNESS BY SUPPORTING A BLACK OWNED BUSINESS<br>SEE QR CODE FOR BLACK OWNED BUSINESSES  | 9<br>ASK A FRIEND OR FAMILY MEMBER HOW THEIR DAY WAS<br><b>WEAR #SHIPBEKIND MERCH!</b>   | 10<br>SHARE A PHOTO OF A LOVED ONE OR PET ON SOCIAL MEDIA USING <b>#SHIPBEKIND</b>  | 11<br>DO SOMETHING KIND FOR YOURSELF  |
| 12<br>TELL SOMEONE ABOUT A POSITIVE EXPERIENCE OR SHARE ON SOCIAL MEDIA         | 13<br>SEND A MESSAGE TO SOMEONE YOU CARE ABOUT<br>          | 14<br>TEACH SOMEONE SOMTHING NEW                                   | 15<br>BE KIND TO YOUR MIND    | 16<br>MAKE A FRIEND OR FAMILY MEMBER SMILE<br><b>WEAR #SHIPBEKIND MERCH!</b>                            | 17<br>SHARE A KIND ACT YOU HAVE DONE ON SOCIAL MEDIA USING <b>#SHIPBEKIND</b>       | 18<br>DONATE: BOOKS, CLOTHING, FOOD, TIME  |
| 19<br>DO A CHORE FOR SOMEONE WITHOUT THEM KNOWING                               | 20<br>TELL SOMEONE WHY YOU LOVE THEM<br>                  | 21<br>CATCH SOMEONE BEING KIND! POST A PIC OF SOMEONE WHO IS KIND! | 22<br>COMPLIMENT 5 NEW PEOPLE  | 23<br>FORGIVE A FRIEND OR FAMILY MEMBER<br><b>WEAR #SHIPBEKIND MERCH!</b>                             | 24<br>SHARE AN INSPIRATIONAL QUOTE ON SOCIAL MEDIA USING <b>#SHIPBEKIND</b>       | 25<br>HELP SOMEONE THAT LIVES WITH YOU  |
| 26<br>TELL SOMEONE "THANK YOU!"   | 27<br>THANK A FIRST RESPONDER  | 28<br>WRITE A CARD THANKING A TEACHER OR STAFF MEMBER              | 29<br>HELP SOMEONE WHO IS STRUGGLING    | Scan this QR code to learn about black owned business you can support on Feb. 8th!   |   |   |



Scan this QR code to learn more about SCRC during #ShipBeKind



Scan this QR code to learn about the Black History Month events going on in February



#SHIPBEKIND

@ship\_scrc @shipwellness

