

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!	SASHS SHARE THE WAYS YOU SHOW OR EXPERIENCE KINDNESS BY POSTING TO THE HASHTAG #SHIPBEKIND		1 ASK A FRIEND HOW THEY ARE DOING 	2 GIVE A FRIEND OR FAMILY MEMBER A SMALL GIFT OR A KIND NOTE WEAR YOUR #SHIPBEKIND MERCH! 	3 SHARE A POST ABOUT KINDNESS ON SOCIAL MEDIA USING #SHIPBEKIND	4 CALL, TEXT, OR TALK TO SOMEONE YOU HAVEN'T TALKED TO IN A WHILE
5 HOLD THE DOOR FOR SOMEONE	6 STAND UP FOR SOMEONE 	7 BUY BE KIND ITEMS AT LUNCH! WHO TAUGHT YOU TO BE KIND? KINDNESS TRIBUTE DURING LUNCH	8 SHOW YOUR KINDNESS BY SUPPORTING A BLACK OWNED BUSINESS SEE QR CODE FOR BLACK OWNED BUSINESSES 	9 ASK A FRIEND OR FAMILY MEMBER HOW THEIR DAY WAS WEAR #SHIPBEKIND MERCH!	10 SHARE A PHOTO OF A LOVED ONE OR PET ON SOCIAL MEDIA USING #SHIPBEKIND 	11 DO SOMETHING KIND FOR YOURSELF
12 TELL SOMEONE ABOUT A POSITIVE EXPERIENCE OR SHARE ON SOCIAL MEDIA	13 SEND A MESSAGE TO SOMEONE YOU CARE ABOUT 	14 BUY BE KIND ITEMS AT LUNCH! PAINT A KINDNESS ROCK DURING LUNCH!	15 BE KIND TO YOUR MIND 	16 NO SCHOOL MAKE A FRIEND OR FAMILY MEMBER SMILE	17 SHARE A KIND ACT YOU HAVE DONE ON SOCIAL MEDIA USING #SHIPBEKIND 	18 DONATE: BOOKS, CLOTHING, FOOD, TIME 
19 NO SCHOOL DO A CHORE FOR SOMEONE WITHOUT THEM KNOWING	20 TELL SOMEONE WHY YOU LOVE THEM 	21 BUY BE KIND ITEMS AT LUNCH! NOMINATE SOMEONE "CAUGHT BEING KIND" DURING LUNCH	22 COMPLIMENT 5 NEW PEOPLE	23 FORGIVE A FRIEND OR FAMILY MEMBER WEAR #SHIPBEKIND MERCH! 	24 SHARE AN INSPIRATIONAL QUOTE ON SOCIAL MEDIA USING #SHIPBEKIND 	25 HELP SOMEONE THAT LIVES WITH YOU
26 TELL SOMEONE "THANK YOU!"	27 THANK A FIRST RESPONDER	28 BUY BE KIND ITEMS AT LUNCH! WRITE A CARD THANKING A TEACHER/STAFF DURING LUNCH!	29 HELP SOMEONE WHO IS STRUGGLING 	Scan this QR code to learn about black owned business you can support on Feb. 8th!		"Take a month to show some kindness for the folks who thought that blindness was an illness that affected eyes alone." - Maya Angelou



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_serc @shipwellness

