

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! | SASHS Share the ways you show or experience kindness by posting to the hashtag #ShipBeKind | | Buy Be Kind items 1 during Lunch Who taught you to be kind? Kindness Tribute during Lunch! | 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. | Buy Be Kind items 8 During Lunch! Nominate someone "Caught being Kind" during lunch! | 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 Compliment 5 new people. | NO SCHOOL 15 Ask a friend how they are doing | Buy Be Kind items 16 during Lunch! Paint a Kindness Rock during Lunch! | 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!" | Buy Be Kind items 22 During Lunch! Write a card thanking a teacher/staff! Write a note during Lunch! | 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 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

@ship_scmc @shipwellness



For more info about #ShipBeKind
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