

# 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." - Maya Angelou</b>		<b>CUB GREAT 1</b> HALL 11AM FREE HEART DONUTS WHO TAUGHT YOU TO BE KIND? 	<b>GIVE A FRIEND OR FAMILY MEMBER A SMALL GIFT OR A KIND NOTE</b> <b>WEAR YOUR #SHIPBEKIND MERCH!</b> 	<b>SHARE A POST ABOUT KINDNESS ON SOCIAL MEDIA USING #SHIPBEKIND</b>	<b>CALL, TEXT, OR TALK TO SOMEONE YOU HAVEN'T TALKED TO IN A WHILE</b>
<b>5</b> HOLD THE DOOR FOR SOMEONE	<b>6</b> STAND UP FOR SOMEONE 	<b>7</b> ASK A FRIEND HOW THEY ARE DOING	<b>8</b> SHOW YOUR KINDNESS BY SUPPORTING A BLACK OWNED BUSINESS SEE QR CODE FOR BLACK OWNED BUSINESSES 	<b>9</b> ASK A FRIEND OR FAMILY MEMBER HOW THEIR DAY WAS <b>WEAR #SHIPBEKIND MERCH!</b>	<b>10</b> SHARE A PHOTO OF A LOVED ONE OR PET ON SOCIAL MEDIA USING #SHIPBEKIND 	<b>11</b> DO SOMETHING KIND FOR YOURSELF
<b>12</b> TELL SOMEONE ABOUT A POSITIVE EXPERIENCE OR SHARE ON SOCIAL MEDIA	<b>CUB GREAT HALL 2-4PM</b> PAINT A KINDNESS ROCK SEND A MESSAGE TO SOMEONE YOU CARE ABOUT 	<b>14</b> TEACH SOMEONE SOMTHING NEW	<b>15</b> BE KIND TO YOUR MIND 	<b>16</b> MAKE A FRIEND OR FAMILY MEMBER SMILE <b>WEAR #SHIPBEKIND MERCH!</b> 	<b>17</b> SHARE A KIND ACT YOU HAVE DONE ON SOCIAL MEDIA USING #SHIPBEKIND 	<b>18</b> DONATE: BOOKS, CLOTHING, FOOD, TIME 
<b>19</b> DO A CHORE FOR SOMEONE WITHOUT THEM KNOWING	<b>20</b> TELL SOMEONE WHY YOU LOVE THEM 	<b>21</b> CATCH SOMEONE BEING KIND! POST A PIC OF SOMEONE WHO IS KIND!	<b>22</b> COMPLIMENT 5 NEW PEOPLE	<b>23</b> FORGIVE A FRIEND OR FAMILY MEMBER <b>WEAR #SHIPBEKIND MERCH!</b> 	<b>24</b> SHARE AN INSPIRATIONAL QUOTE ON SOCIAL MEDIA USING #SHIPBEKIND 	<b>25</b> HELP SOMEONE THAT LIVES WITH YOU
<b>26</b> TELL SOMEONE "THANK YOU!"	<b>27</b> THANK A FIRST RESPONDER	<b>28</b> WRITE A CARD THANKING A FACULTY OR STAFF MEMBER	<b>29</b> 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\_scmc @shipwellness

