#ShipBeKind

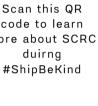


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FAMILY AND FRIENDS FRIDAY	SOCIAL MEDIA SATURDAY	SUNDAY	
USE THIS CALENDAR TO INSPIRE YOU TO DO AN ACT OF KINDNESS EACH DAY IN FEBRUARY!	"Take a month to show some kindness for the folks who thought that blindness was an illness that affected eyes alone." - Maya Angelou		CUB GREAT 1 HALL 11AM FREE HEART DONUTS WHO TAUGHT YOU TO BE KIND?	GIVE A FRIEND 2 OR FAMILY MEMBER A SMALL GIFT OR A KIND NOTE WEAR YOUR #SHIPBEKIND MERCHI	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 ask a friend how they are doing	SHOW YOUR 8 KINDNESS BY SUPPORTING A BLACK OWNED BUSINESS SEE QR CODE FOR BLACK OWNED BUSINESSES	9 ASK A FRIEND OR FAMILIY MEMBER HOW THEIR DAY WAS WEAR #SHIPBEKIND MERCH!	SHARE A PHOTO OF A LOVED ONE OR PET ON SOCIAL MEDIA USING #SHIPBEKIND	DO SOMETHING KIND FOR YOURSELF	Scar code more a d #Shi
12 TELL SOMEONE ABOUT A POSITIVE EXPERIENCE OR SHARE ON SOCIAL MEDIA	CUB GREAT 13 HALL 2-4PM PAINT A KINDESS ROCK SEND A MESSAGE TO SOMEONE YOU CARE ABOUT	14 teach someone somthing new	15 be kind to your mind	16 Make a friend or family member smile wear #shipbekind merch!	17 SHARE A KIND ACT YOU HAVE DONE ON SOCIAL MEDIA USING #SHIPBEKIND	18 DONATE: BOOKS, CLOTHING, FOOD, TIME	
19 do a chore for someone without them knowing	20 TELL SOMEONE WHY YOU LOVE THEM	21 CATCH SOMEONE BEING KIND! POST A PIC OF SOMEONE WHO IS KIND!	22 COMPLIMENT 5 NEW PEOPLE	23 FORGIVE A FRIEND OR FAMILY MEMBER WEAR #SHIPBEKIND MERCH!	24 SHARE AN QUOTE ON SOCIAL MEDIA USING #SHIPBEKIND	25 HELP SOMEONE THAT LIVES WITH YOU	Scan code about Histor events in Fe
26 tell someone "thank you!"	27 THANK A FIRST RESPONDER	28 write a card thanking a faculty or staff member	29 HELP SOMEONE WHO IS STRUGGLING	Scan this QR code to learn about black owned busisness you can support on Feb. 8th!			





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