February 2022 #ShipBeKind SaSd

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Use this calendar to inspire you to do an **act of kindness each day in February!**	Share the ways you show or experience kindness by posting to the hashtag *#shipbekind*	**1** Start a positive thought journal.	**2** Show your gratitude… **Sign the gratitude banner in the CUB Great Hall in February**	**3** Hold the door for someone.	**4** **Wear #ShipBeKind Swag!** Ask someone how their day was.	**5** Share a Poem about Kindness on Social Media using **#ShipBeKind**
6 Call someone you haven't talked to in a while.	**7** Stand up for someone responsibly.	**8** Do something kind for yourself.	**9** Paint A Kindness Rock and give it away **Paint a Kindness Rock, CUB 3-6 pm**	**10** Help someone who is struggling.	**11** **Wear #ShipBeKind Swag!** Help a neighbor. **Free ♥ Donuts - CUB @ 11am**	**12** Share a Photo of a Loved one on Social Media using **#ShipBeKind**
13 Donate: books, clothing, food, time.	**14** Send a card to someone you care about.	**15** Say "Hi!" to an old friend.	**16** **Katch someone being Kind! Post a pic of someone who is kind!**	**17** Compliment 5 people.	**18** **Wear #ShipBeKind Swag!** Make somebody laugh.	**19** Share a Kind act you have done on Social Media using **#ShipBeKind**
20 Help make a meal.	**21** Do a chore for someone without them knowing.	**22** Tell someone "Thank You!"	**23** Send a card to a local nursing home or senior housing.	**24** Teach someone something new.	**25** **Wear #ShipBeKind Swag!** Forgive someone.	**26** Share an Inspirational Quote on Social Media using **#ShipBeKind**
27 Tell someone about a positive experience or share on social media.	**28** Give someone a small gift or a kind note.		**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_scrc   @shipwellness