

February Kindness Challenge



- Send a love note to a friend or special relative
- Open a door for a friend
- Share a special toy
- Bake cookies and deliver them to a police or fire station
- Donate gently used clothing and books
- Compliment 3 friends
- Draw a picture for a special friend or relative
- Pick up litter and throw it away
- Facetime a grandparent or a relative that lives far away
- Read your favorite book to a younger sibling or senior citizen
- Offer to water plants or walk a neighbors dog
- Give a friend a hug, handshake or high-five
- Deliver dinner to a friend

