



Central Cares Club presents: 28 Days of Kindness

We challenge you.....here are some ideas:

FEBRUARY 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

					1 Give a compliment (say something nice) to 2 people in your class.	2 Do a chore at home without being asked
3 Set the table before meals or help make dinner	4 Leave a kind note to brighten someone's day	5 Talk to someone in your class that you don't normally talk to	6 Winter Walk Day Go for a walk after school with a family member	7 Thank the custodian for keeping the school so clean	8 Include someone you don't know well in a game or activity during recess	9 Make your bed or clean up your room
10 Do your own act of kindness	11 Use your manners: Please and Thank You	12 Thank the secretary and principal for all the hard work they do	13 Learn how to say "thank you" in another language	14 Smile at 5 people today Hold the door open for someone	15 Say good morning to someone you don't know well	16 Do something for your family without being asked
17 Write a thank you note or draw a picture for someone in your family	18 Family Day Do an activity or play a game with your family	19 Thank the crossing guard	20 Encourage a friend or tell them something they do well	21 Help someone with homework	22 Learn a funny joke and pass it on	23 Give someone a hug today
24 Pick up a piece of garbage outside to help our environment	25 Give your teacher a compliment	26 Share something you learned at school today with your family	27 Spend time with your pet or do your own act of kindness	28 Give someone a High 5		