

FRIENDSHIP FEBRUARY

Plano ISD Acts of Kindness Challenge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Leave a kind note for someone you care about.
2 Contact a neighbor or friend and offer to help them.	3 Hug someone you care about.	4 Say thank you to the custodian at your office, school or gym.	5 Write a positive review for local businesses you appreciate.	6 Share an uplifting and positive post on social media.	7 Hold the door open for someone.	8 Thank 3 people you feel grateful for and tell them why.
9 Find a positive news story and share it with others.	10 Leave a positive post or comment online.	11 Tell a loved one about their strengths that you value most.	12 Send a positive text message to someone.	13 Ask a friend how they have been feeling recently.	14 Respond positively to everyone you interact with.	15 Do not gossip about anyone the entire day.
16 Help someone with their groceries at the supermarket.	17 Give a positive comments to as many people as possible today.	18 Pick up trash around your community.	19 Share an inspirational book or quote with a friend.	20 Offer to teach someone a skill you possess.	21 Make uninterrupted time for your loved ones.	22 Smile at the people you see and brighten their day.
23 Tell a police officer or a firefighter how much you appreciate them.	24 Call your grandparents or elderly person to chat.	25 Be patient and kind to whoever you interact with today.	26 Give up your place in line at lunch, grocery store, etc.	27 Create a playlist of uplifting songs and share it with others.	28 Listen actively to someone without interrupting.	