

FEBRUARY 2024

make
kindness
the norm.

SUNDAY

MONDAY








TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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					Spend an afternoon at a cultural museum.	Follow @RAKFoundation on Instagram to add some kindness your social media feed.	Leave small containers of bird seed near a park or lake for other people to feed the birds.																																																																																																		
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Leave a small gift or note of thanks addressed to your mail carrier in your mailbox.	Play Cupid: introduce two single people who you think would make a great match.	Write encouraging letters to strangers who need them. MoreLoveLetters.com provides a list.	Plan to send an anonymous bouquet of flowers and/or candy to your local nursing home.	Show appreciation! Bring a variety of bagels to work for your team to enjoy.	Donate interview appropriate clothes to disadvantaged individuals entering the workplace at DressForSuccess.org.		Host a dinner with acquaintances and invite someone new to the group.																																																																																																		
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Host a fun Super Bowl get together with friends.	Find a way to show someone you care.	Create a music playlist that inspires you and put it on your phone to listen to regularly.	Arrange a romantic date night with your partner.	Think of ways you could be more inclusive at work and in your community.	Volunteer to feed the hungry at a shelter or assist in a local food drive.	Visit CareForThree.com and become part of the movement.																																																																																																			
RANDOM ACTS OF KINDNESS WEEK — visit randomactsofkindness.org/rak-week to download our new RAK week activities.																																																																																																									
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Plan your perfect day and go out and live it.	Hide a love note for your partner in their bag or wallet for them to find during their workday.	Bring a pot of tea over to an elderly neighbor's home to enjoy over a long chat.	Plan a neighborhood cleanup day with neighbors to pick up litter.	Buy flowers or a new plant for your office space and an extra one for a coworker.	Collect baby clothes and supplies and donate to new parents who need them.	Give out sincere compliments today.																																																																																																			
25	 26	27	28	29	<p style="text-align: center;">JANUARY</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> </table> <p style="text-align: center;">MARCH</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> </table>			S	M	T	W	Th	F	S	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9	10	S	M	T	W	Th	F	S	25	26	27	28	29	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6
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Learn something new. Take a dance or exercise class.	Read the child in your life a bedtime story.	Practice a moment of self-reflection today.	Purchase coffee for your team members and write words of affirmation on the lids.	Offer to help a friend or family member with a task or errand they've been putting off.																																																																																																					