



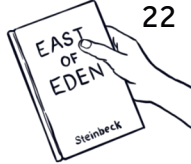


# FEBRUARY 2024

**RANDOM ACTS OF KINDNESS**  
FOUNDATION®

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Leave positive notes on the shelves of a grocery store.	Stay after class to help a teacher clean the classroom.	Take time for yourself when overwhelmed. Take a walk and get a glass of water.	Instead of asking how someone is doing, ask about something good that's happened since the last time you met.	"Shower" a classmate with an "torrent" of kindness today.	Introduce yourself to someone you haven't met at your school.	Relax and do something you enjoy.																																																																																																		
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Follow The Random Acts of Kindness Foundation on social media for RAK Day activities and resources	Give an envelope containing a gift card to a tea/coffee shop to a teacher with a note inviting them to take some relaxing time.	Today, remember how proud you were of something you did as a child and do it again!	Write a letter or card and mail it to someone who isn't expecting it.	Take \$5 or five \$1 dollar bills and get out in your community and see what opportunities present themselves.	Do something extra kind today!	Plant a local pollinator friendly plant or flower.																																																																																																		
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Encourage your family members to become a RAKtivist at <a href="http://randomactsofkindness.org">randomactsofkindness.org</a>	Ask your family about their "highs and lows" for the day during a family dinner.	Share positive thoughts with a teacher.	Volunteer to read to a younger student.	Pass on your favorite books.	Send a text to let someone know you're thinking of them.	Handwrite a note thanking an elder for their impact on your life.																																																																																																		
25	26	27	28	29	<div> <div>JANUARY</div> <table> <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> </div> <div> <div>MARCH</div> <table> <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> </div>		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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Take the day to do whatever YOU want.	Post a happy dance on social media to make others smile.	Wish the first person you see an amazing day.	Send a thank you email to a colleague or supervisor.	Make a playlist filled with happy songs and send it to a friend.																																																																																																				