

#ShipBeKind

February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Share the Kindness Calendar with others and spread kindness	2 Reach out to a friend that you have not connected with in a while	3 Add the hashtag #ShipBeKind to your Zoom name	4 Leave a small gift or a note at an elderly neighbor's door	5 Offer to help a peer who is struggling in school	6 Use a reusable bottle this whole month to eliminate plastic waste
7 Donate something you do not want or need	8 Give a compliment to at least three people	9 Ask a family member how their day was	10 Call a family member you have not talked to in a while	11 Include others in conversations that you have	12 Make somebody laugh	13 Compliment yourself three times today
14 Leave a secret kindness message somewhere	15 Send a card to someone that needs cheering up	16 Do something kind for yourself	17 Thank a teacher	18 Do a chore for someone without them knowing	19 Thank an "essential worker"	20 Teach someone something new
21 Forgive someone	22 Clean up litter in the community	23 Share positive experiences	24 Smile to spread kindness	25 Help make dinner or suggest meal ideas	26 Tell someone why you appreciate them	27 Make a donation to a local food or animal shelter
28 Go for a walk, run, or hike with someone you love			Kindness Monument Week Two (2/8-2/12) Leave Kindness Rocks at the Cumberland Valley Rail Trail	Kindness Monument Week Three (2/15-2/19) Create a "be kind." poster to be displayed in the community	Kindness Monument Week Four (2/22-2/26) Create a "Kindoor or Kindow Kit" to be donated to the community	

EVENTS

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Every day this month, community members are invited to spread kindness throughout the town of Shippensburg.

Daily Acts of Kindness

These are small but powerful acts you can easily do every day this month to spread positivity! Check the calendar above every day and make it a goal to complete the daily act.

Kindness Monuments

These are larger, more time-consuming acts with major pay off for the people around you and yourself. Check the list of kindness monuments and follow through with them each week. Visit shipresources.org for instructions on each monument.



“If you have the choice between being **right** and being **kind**, choose being **kind**.” - Dr. Wayne W. Dyer

