
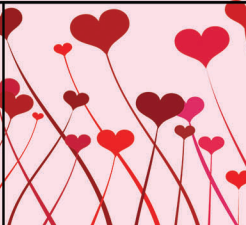


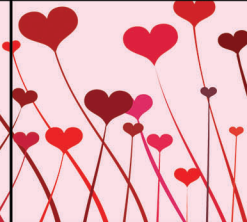



FEBRUARY

Grow Kindness Calendar

Love can't be confined to one day.
LOVE is the answer to all.
#LoveIsTheAnswer

2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			You can't give out what you don't have. Be kind to yourself today. Say: "I am worthy of love!" <i>#BeKindToYourself</i>	Take time to write down 10 things for which you are grateful in your life. Thank those responsible. <i>#GratefulHeart</i>	Post a Positive Review for a small business you love. Even better if you don't know the owner. <i>#LoveSmallBusiness</i>	If safe, send your kid over to help a neighbor - bring in their can, rake leaves, shovel snow, etc. <i>#TeachKidsLove</i>
At work - or while out on errands - leave a positive sticky note for someone <i>#PositiveStickyNotes</i>	Immediately forgive someone today for a driving offense and extend another driver a courtesy. <i>#KindDriving</i>	Thank a first responder and tell them you appreciate what they do. <i>#LoveOurFirst Responders</i>	Ask to bring dinner or a gift card to new parents or someone recuperating. <i>#MealSupport</i>	PRAY for God to show you a way to be a blessing to someone else today. <i>#BlessingToOthers</i>	Buy a pair (or several) of warm socks and give them to a homeless person. <i>#WarmSocks</i>	Make an appointment to donate blood. It's urgently needed and life-saving. <i>#DonateBlood</i>
Paint nice words and hearts on rocks and leave them around town for others to find. <i>#LoveRocks</i>	Send an email to one of your kids' teachers and say something specific you appreciate. <i>#LoveOurTeachers</i>	When talking to someone today, notice something nice about them and tell them. <i>#ComplimentOthers</i>	At a child's sporting event, take time to complement someone else's kid and the coach. <i>#PlayNice</i>	Make a serious effort to hear and think about someone else's point of view today. <i>#HEARSomeone</i>	Ask a nursing home if there is someone needing a friend to read books or play board games. <i>#MakeTime</i>	Rest yourself today. God wants us to make time for rest and PEACE. <i>#KeepTheSabbath</i>
SMILE at anyone who looks like they could use a cheer-up today. <i>#ShareASmile</i>	Decide in advance not to take offense at something someone says today. <i>#GiveGrace</i>	Be kind and encouraging to a parent who's struggling with rambunctious kids in public. <i>#SupportParents</i>	Thank a veteran or active military for their service - don't forget their families. <i>#MilitaryHeroes</i>	Let someone cut in front of you in line. <i>#GoAheadOfMe</i>	Stop by an Animal Shelter to see if you can visit and comfort any of the animals. <i>#4LeggedFriends</i>	Give an extra tip at a restaurant or salon and write an encouraging note with it. <i>#ThankOthers</i>
Give another person your seat on a crowded bus/train or your parking spot. <i>#MakeRoom</i>	Get in touch with a local church to see how you can support charitable programs. <i>#BeAVolunteer</i>	Donate gently used clothes, books and eyeglasses to local charities. <i>#BeADonor</i>	Take 10 minutes to come up with a list of other ways to be kind to others all year. <i>#RAOK</i>			

"...clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another... And over all these virtues put on love, which binds them all together in perfect unity."
 Colossians 3: 12-14

