

# FEBRUARY 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

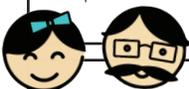
THURSDAY

FRIDAY

SATURDAY

**3**  
Figure out a friend's half birthday & surprise them with a treat on that day

**4**  
Read inspirational kindness quotes on our website for a pick-me-up

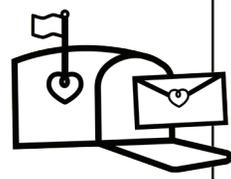



**5**  
Hold the door open for a group of people  
**Lunar New Year**

**6**  
Invite someone new to sit with you during lunch



**7**  
Make a homemade card to send to a friend on the other side of the world  
**Send A Card Day**



**8**  
Tell a friend all the things you love about their family



**9**  
Take someone new in your neighborhood on a tour of the city  
**Groundhog Day**

**10**  
Make a list of 10+ RAKs you've been wanting to do & pledge to do them all by the end of the week

**11**  
Fill plastic bags with snacks & travel toiletries to keep in your car to give to homeless people

**12**  
Leave a pack of baby wipes at a random changing station

**13**  
Start a fundraiser online or at your school

**14**  
Make a Valentines card for everyone in your class / office  
**Valentines Day**

**15**  
Write inspiring notes to leave on random cars in a parking lot

**16**  
Publicly bring attention to the accomplishments of someone that deserves more recognition

**17**  
You have 24 hours: perform as many acts of kindness as you can!  
**RAK Day**

**18**  
Randomly give a lottery ticket to a stranger  
**President's Day**

**R**

**19**  
Acknowledge someone when they walk into the room

**A**

**20**  
Buy a new toy for your pet or a pet you know

**W**

**21**  
Share your notes or study guide with a classmate that's been out sick

**E**

**22**  
Carry around packets of hand warmers to give to people in need

**K**

**23**  
Follow @rakfoundation on Instagram to add kindness to your social feed



**24**  
Donate supplies to a random teacher via a online classroom wishlist



**25**  
Respond to emails / texts in a timely fashion - people don't like feeling ignored

**26**  
Treat a friend or stranger to a beverage



**27**  
Learn how to say "please" & "thank you" in 5 different languages

**28**  
Listen to an upbeat playlist while you get ready in the morning



Random Acts of Kindness