

**FEBRUARY 2026**

# Love and Empathy

Random Acts of Kindness Calendar

<b>1</b> Smile at everyone you see today.	<b>2</b> Make a card for a friend or family member.	<b>3</b> (Blank day — your choice of kindness!)	<b>4</b> Tell someone why you appreciate them.	<b>5</b> Share a resource or recipe with a colleague.
<b>6</b> Schedule time with someone you've been meaning to connect with.	<b>7</b> Leave anonymous kind notes in public areas for strangers to find.	<b>8</b> Tag a business that gives good service.	<b>9</b> Make a "Get Well Soon" card for someone who's sick.	<b>10</b> Say something nice to each member of your family.
<b>11</b> Give someone a genuine compliment.	<b>12</b> (Blank day — space for your own acts.)	<b>13</b> (Blank day — your choice of kindness!)	<b>14</b> Dedicate a day to giving sincere compliments to people around you.	<b>15</b> (Blank day — your choice of kindness!)
<b>16</b> Post a note to someone who needs an extra smile.	<b>17</b> Share a kind word with a stranger.	<b>18</b> Bring a small treat to share with a friend.	<b>19</b> Make a list of things you're grateful for.	<b>20</b> Wish the first person you see today an amazing day.
<b>21</b> (Blank day — your choice of kindness!)	<b>22</b> Be kind to yourself today.	<b>23</b> Identify someone who might be having a tough day — ask how you can help.	<b>24</b> Share a smile with someone who seems sad.	<b>25</b> Write down three kind things about yourself.
<b>26</b> Ask someone how their day was and really listen.	<b>27</b> Donate to a good cause.	<b>28</b> Say THANK YOU to someone who has provided a good service.		