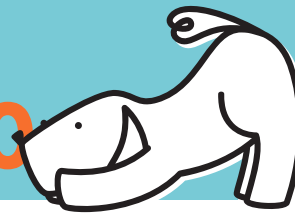


FEBRUARY 2020



**RANDOM ACTS OF KINDNESS
FOUNDATION**

www.randomactsofkindness.org

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<p>JANUARY</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </table>	S	M	T	W	Th	F	Sa				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		<p>MARCH</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	Th	F	Sa	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					28	29	30	31	1
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Practice a moment of self-reflection today.	Write encouraging letters to strangers who need them. "More Love Letters" provides a list. bkind.ly/letters	Lend a helping hand when you see someone struggling with a heavy load.	Play Cupid—introduce two single people who you think would make a great match.	Create a care bag for a homeless person with some gloves, scarf, treats, hygiene products and a Walmart gift card.	SEND A CARD TO A FRIEND DAY Send a card to a friend you've been thinking about.	Plant a tree in memory of someone. Learn something new. Take a dance or exercise class.																																																																																				
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Organize a party with friends or family.	Write a letter to yourself at futureme.org about your positive attributes to read at a later date.	Participate in a coat drive and put encouraging notes in the coat pockets.	Surprise someone with an unexpected gift left outside their door.	Give your partner something thoughtful such as a compilation of their favorite songs.	Send flowers and candy to a nursing home or someone who is alone.	Transform your living space into a welcoming haven.																																																																																				
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RANDOM ACTS OF KINDNESS DAY	RAK DAY		RAK WEEK	LOVE YOUR PET DAY																																																																																						
Follow @RAKFoundation on Instagram to kindify your feed.	Help a teacher get the supplies needed for class at bkind.ly/supplies .	Thank a veteran by donating to a worthy veterans cause or lend a hand in a VA hospital.	Buy lottery tickets and pass them out to strangers.	Give your pet extra attention today.	Put a filled cookie jar in your work kitchen for coworkers to enjoy.	Refrain from complaining for a week.																																																																																				
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FREE DAY! Find a way to show compassion today.	Encourage someone to pursue their dreams and offer help to achieve their goals.	Hold a Teddy Bear drive and then donate the bears to hospitals, police stations or fire departments for children.	Plan to attend a cultural event in your community.	Silence any negative thoughts, self doubt or judgments today.	Hide money in random places for strangers to find.	Take the children in your life out for fun afternoon. Bring them to the zoo or to park or out for ice cream.																																																																																				