FEEL GOOD FEB 2020

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Give someone a Feel Good Feb Card.	**2** Pay for someone's coffee at your local café.	**3** Smile at a stranger. After all, smiling is contagious!	**4** Join in the Feel Good Feb Create Date!	**5** Leave your favourite book on the seat of a train or bus for someone else to enjoy.	**6** Share a good news story or a positive meme on social media.	**7** Do something kind for yourself, whatever that may be.
8 Volunteer your time for a local charity.	**9** Create a handmade gift for someone.	**10** Give someone a hug – it will be good for them AND you! (make sure you ask first!)	**11** Bake something to share with your mates at school or work place.	**12** Say hello to a neighbour, and ask them how they are going.	**13** Send someone a handwritten note of thanks.	**14** Write someone a valentine's note (It doesn't have to be romantic).
15 Support local. Shop at your local farmers market.	**16** Do something helpful for someone.	**17** Celebrate Random Act of Kindness Day.	**18** Prepare a meal for a loved one.	**19** Act green! Recycle, reuse or repurpose something.	**20** Give a genuine compliment to someone – it will brighten their day!	**21** Donate to a cause. It could be monetary, food, bedding, clothes, or something else.
22 Catch up with a friend you have not seen for a while.	**23** Grab a bucket and gloves. Head to a beach, lake or parkland with mates to pick up rubbish.	**24** Offer to run errands for a friend.	**25** Write positive notes and leave them around the house or workplace for others to find.	**26** Make someone a cuppa.	**27** Be patient on the roads and polite to other road users.	**28** Put someone's trolley back for them.
29 Reflect on how you can keep spreading kindness during the year!						

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