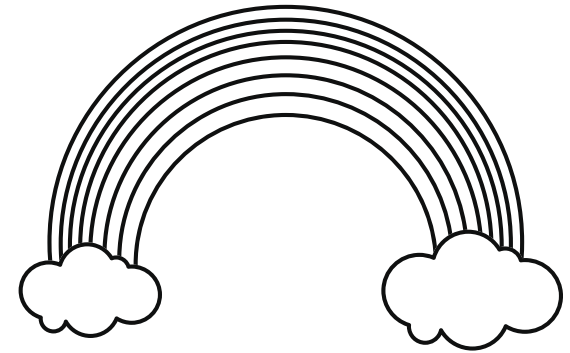


MARCH KINDNESS CALENDAR



KINDNESS IS CONTAGIOUS. LET'S MAKE IT GO VIRAL!

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Make a gift for your best friend	2	3 Learn three words in another language	4	5 Give a family member a hug	6
7 Write down the best things that happened this week	8	9 Use your gratitude journal today	10	11 Help shovel the snow today	12	13 Have a virtual playdate with a friend
14	15 Go for a walk with your family	16	17 Assess your new year's goal & take action	18	19 Write down three of your best physical features	20
21 Clean up your room	22	23 Take action on developing a new positive habit	24	25 What are your goals for next month?	26	27 Make a gift for your parents
28						