

FEB 2020

SUN	MON	TUE	WED	THU	FRI	SAT
						¹ Heart disease remains the #1 killer. Educate yourself + loved ones <i>#GoRedDay</i>
² Visit and learn about local wetlands <i>#WorldWetlandsDay</i>	³ Join or start a giving circle	⁴ Give sack lunches to people who may be hungry <i>#52Tuesdays</i>	⁵ Donate to public school lunch program	⁶ Send a care package to a family member abroad	⁷ Hold a blanket drive	⁸ Sew catnip toys + bring them to an animal shelter
Random Acts of Kindness Week						
⁹ Random Acts of Kindness Week	¹⁰ Pick someone on GoFundMe and give what you can	¹¹ Give kindness. <i>#52Tuesdays</i>	¹² Write a note to someone who's made an impact in your life.	¹³ Bake goodies + hand them out to people in need	¹⁴ Participate in #1BillionRising, a campaign to end violence against women	¹⁵ Adopt a whale for <i>#WorldWhaleDay</i>
¹⁶ Offer to pick up groceries for your neighbor.	¹⁷ Have pizza delivered to the local firestation	¹⁸ Gift art. Support local artists. <i>#52Tuesdays</i>	¹⁹ Bring an extra snack to share with a colleague.	²⁰ Educate yourself on social justice issues + commit to action <i>#SocialJusticeDay</i>	²¹ "Accidentally" drop a dollar on the ground for someone to find.	²² Leave quarters at the laundromat
²³ Tell a cashier they are doing a great job	²⁴ Choose not to complain for the whole day.	²⁵ Give Music. <i>#52Tuesdays</i>	²⁶ Send coloring books, toys, or balloons to a children's hospital.	²⁷ Learn about polar bears + commit to action to prevent destruction of their habitat. <i>#PolarBearDay</i>	²⁸ Help raise awareness + funding for research of rare diseases <i>#RareDiseaseDay</i>	²⁹ Spread the word about one of your favorite businesses.

GI  NGTUESDAY 365