


# Richland School District Two Kindness Month



September 2020							Oct 2020 ►
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
 <p>Twitter @EmbraceEquity @RTEFlightStatus @RichlandTwo</p>		<b>1</b> Give your family members a hug today	<b>2</b> Facetime with a family member or friend you haven't been able to talk to because of the Pandemic	<b>3</b> Leave a nice comment for someone on social media	<b>4</b> Order takeout and leave a generous tip	<b>5</b> Participate in a community service project	
<b>6</b> Wash your hands 	<b>7</b> Labor Day Let a car in while in traffic	<b>8</b> Compliment a co-worker on their work ethic	<b>9</b> Make a new friend who doesn't look like you	<b>10</b> Celebrate a custodial staff member and/or a food service staff member	<b>11</b> Help with a chore at home you usually don't help with	<b>12</b> Donate canned goods to a local food bank	
<b>13</b> Social Distance 	<b>14</b> Pick an act of kindness you prefer	<b>15</b> Tell a joke to someone to make them laugh	<b>16</b> Say something kind and affirming to yourself	<b>17</b> Leave small treats on your friends'/neighbors' doorsteps	<b>18</b> Pay it forward in the drive-thru line	<b>19</b> Leave a note in your mailbox to thank your carrier for their hard work	
<b>20</b> Wear your face mask 	<b>21</b> Offer to help someone with a task they are trying to complete	<b>22</b> Be a listening ear for someone when they need to talk	<b>23</b> Leave someone a special treat	<b>24</b> Let someone go ahead of you in line	<b>25</b> Leave kindness stones throughout your neighborhood	<b>26</b> Send a loved one a handwritten note through the mail	
<b>27</b> Wash your hands, wear your mask and social distance	<b>28</b> Pick up litter	<b>29</b> Help make dinner	<b>30</b> Reflect on how nice it's been to show kindness all month			Sponsored by the Richland Two Division of Diversity and Multicultural Inclusion. For more information, contact Dr. Helen Grant at <a href="mailto:hgrant@richland2.org">hgrant@richland2.org</a> .	