

February

28 GENTLE ACTS OF KINDNESS

Small acts. Big ripples.

WEEK ONE

Kindness to Yourself

1

Rest without guilt
for at least
15 minutes today.

2

Speak to yourself
kindly when
something
feels hard.

3

Do one small
thing that makes
your body feel
cared for.

4

Let one thing be
'good enough'
today.

5

Drink your tea or
coffee slowly,
without
multitasking.

6

Go to bed earlier
than usual,
if you can.

7

Write down one
thing you're proud
of this week.

WEEK TWO

Kindness to Those Close to You

8

Send a thoughtful
message to someone
you love.

9

Thank someone
for something they
do regularly.

10

Listen fully to
someone without
trying to fix
anything.

11

Do a small
helpful task for
someone else,
quietly.

12

Share a genuine
compliment.

13

Cook or prepare
something simple
with care.

14

Let go of a small
irritation instead
of reacting to it.

WEEK THREE

Kindness Beyond Your Home

15

Smile, say hello or
acknowledge
someone you pass
today.

16

Hold a door, offer
patience or let
someone go ahead.

17

Pass something
useful along.

18

Leave a kind
comment on
someone's work
or post.

19

Support a small
or local business
in a simple way.

20

Pick up one small
piece of litter
while you're
out walking.

21

Speak kindly
about someone
who isn't present.

WEEK FOUR

Reflection & Inner Kindness

22

Unfollow or mute
something that
drains your energy.

23

Do something
today without
documenting it.

24

Forgive yourself
for something
you've been
carrying.

25

Spend a few quiet
moments in nature
or near a window.

26

Let yourself
change your mind
about something.

27

Offer yourself
the grace you'd
offer someone
else.

28

End the month by
naming three
things you're
grateful for.

*A kinder February
for a brighter, everyday life.*

28 GENTLE ACTS OF KINDNESS

for February

SIMPLE IDEAS FOR A KINDER,
BRIGHTER MONTH

WEEK ONE

Kindness to Yourself

- | | | | |
|---|---|---|--|
| 1 | Rest without guilt for at least 15 minutes today. | 5 | Drink your tea or coffee slowly, without multitasking. |
| 2 | Speak to yourself kindly when something feels hard. | 6 | Go to bed earlier than usual, if you can. |
| 3 | Do one small thing that makes your body feel cared for. | 7 | Write down one thing you're proud of this week. |
| 4 | Let one thing be 'good enough' today. | | |

WEEK TWO

Kindness to Those Close to You

- | | | | |
|----|---|----|---|
| 8 | Send a thoughtful message to someone you love. | 12 | Share a genuine compliment. |
| 9 | Thank someone for something they do regularly. | 13 | Cook or prepare something simple with care. |
| 10 | Listen fully to someone without trying to fix anything. | 14 | Let go of a small irritation instead of reacting to it. |
| 11 | Do a small helpful task for someone else, quietly. | | |

WEEK THREE

Kindness Beyond Your Home

- | | | | |
|----|---|----|---|
| 15 | Smile, say hello or acknowledge someone you pass today. | 19 | Support a small or local business in a simple way. |
| 16 | Hold a door, offer patience or let someone go ahead. | 20 | Pick up one small piece of litter while you're out walking. |
| 17 | Pass something useful along. | 21 | Speak kindly about someone who isn't present. |
| 18 | Leave a kind comment on someone's work or post. | | |

WEEK FOUR

Reflection & Inner Kindness

- | | | | |
|----|---|----|---|
| 22 | Unfollow or mute something that drains your energy. | 26 | Let yourself change your mind about something. |
| 23 | Do something today without documenting it. | 27 | Offer yourself the grace you'd offer someone else. |
| 24 | Forgive yourself for something you've been carrying. | 28 | End the month by naming three things you're grateful for. |
| 25 | Spend a few quiet moments in nature or near a window. | | |

February Reflections

A MONTH OF KINDNESS

*A little time to pause, look back, and notice
the kindness that shaped your February.*

KINDNESS I GAVE

What acts of kindness did you offer to yourself, the people around you, or the wider world this month? Small moments count.



KINDNESS I RECEIVED

What kindness did you experience in February? It might be something someone did for you, a thoughtful message, a kind word or simply a moment that brightened your day.



MOMENTS THAT MADE FEBRUARY BRIGHTER

What were the small, ordinary moments that made you smile, feel grateful or appreciate the month a little more?



WHERE I COULD BE KINDER TO MYSELF

Is there an area where you'd like to show yourself a little more kindness? What would that look like in real, everyday terms?



SOMEONE I'D LIKE TO RECONNECT WITH

Is there someone you've been thinking about and would like to reach out to? It could be a friend, a family member or someone you've lost touch with.



A SMALL WAY I COULD BE KINDER TO OTHERS

What's one small, realistic way you could show a little more kindness to someone else, your community or the wider world in the weeks ahead?



THINGS I'D LIKE TO CARRY FORWARD

What have you learned, noticed or been reminded of this February that you'd like to take with you into the next month?

Kindness today  *A brighter tomorrow*