

FEBRUARY 2026

**make
kindness
the norm.**

randomactsofkindness.org

RANDOM ACTS OF KINDNESS FOUNDATION

SCIENCE SPARK: EXPRESSING GRATITUDE AND LOVE BOOSTS OXYTOCIN (THE “BONDING HORMONE”), WHICH DEEPENS RELATIONSHIPS AND EVEN LOWERS BLOOD PRESSURE.

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
1 Write three things you love about yourself.	2 Give a genuine compliment to three people today.	3 Text or message someone who helped you just to say thanks.	4 Make eye contact and share a genuine smile with at least five people today—at home, at school, or out in the world.	5 Hide notes of appreciation in lunchboxes, desks, or lockers.	6 Pick up litter or plant something green.	7 Take a photo of something beautiful or quirky around you — a cloud shaped like a heart, a stubborn little flower by the sidewalk — and send it to a friend with a simple “This made me think of you.”																																																																																																		
8 Do something kind and invite others to “pass it on.”	9 Tell a classmate, coworker, or friend something you admire about them.	10 Write a love letter to yourself or someone special (it can even be your future self!).	11 Give your pet extra cuddles—or volunteer at a shelter.	12 Send a message or card to someone who taught you something valuable.	13 Make handmade valentines for neighbors, caregivers, or community helpers.	14 Cut out paper hearts, write kind words on them, and scatter them in shared spaces.																																																																																																		
RANDOM ACTS OF KINDNESS WEEK FEBRUARY 15-21, 2026																																																																																																								
15 Scroll until you see someone’s creative effort — a drawing, a recipe, a photo — and leave a genuine, specific compliment.	16 Ask someone, “What’s something good in your world today?” Then listen without rushing in to fix or compare.	17 Random Acts of Kindness Day! Do at least three acts of kindness—one for a friend, one for family, one for a stranger.	18 We always trade the big news; today share a tiny victory. You’ll invite others to celebrate their small joys too.	19 Drop a surprise note in a library book.	20 Let someone merge in traffic, go ahead in line, or take their time when they’re flustered.	21 Make a playlist of songs that make you feel loved and send it to a friend.																																																																																																		
22 Before bed, name one loving thing that happened today.	23 Shout out someone else’s accomplishment on social media.	24 Leave a kind chalk message on a sidewalk or driveway.	25 Bring a treat to share with coworkers, classmates, or neighbors.	26 Start a message thread where everyone adds something kind about someone else.	27 Write a loving reminder on your mirror (“You’re doing great,” “You are loved”).	28 Look back on your month of love—what act meant the most?																																																																																																		
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