

# PLEASANT GROVE CITY CHOOSE KINDNESS MONTH *February 2021*



Kindness is one of the most forgotten yet most wonderful gifts you can give. It heals wounds and brightens days. It brings us together and reminds us that we are more similar than we are different. Sometimes it is easier to be cold and distant and harder to be warm and vulnerable. **CHOOSE KINDNESS** anyways. Be an encourager. Be someone who helps others. Give love. Have compassion. Stay humble. It is the little acts of kindness that make the biggest difference.

When we are **KIND** it inspires others to be **KIND** and it creates a ripple effect that spreads outwards. Just as a pebble creates waves when dropped in a pond, so acts of **KINDNESS** ripple outwards, touching lives and inspiring **KINDNESS** everywhere the wave goes.

FEB	1	Choose Kindness! Join us today in front of PG High School 4:30-5:30 p.m. Drop off shoes for Soles4Souls and pick up a Choose Kindness packet.
FEB	2	Choose to be Kind to your Family- write a love note on a sticky note to a sibling
FEB	3	Choose to be kind to yourself- Read positive affirmations, exercise. Join our online Be Kind High Fitness class <a href="https://choosekindnesspg.org">choosekindnesspg.org</a> and <a href="https://thepositiverippleeffect.com">thepositiverippleeffect.com</a>
FEB	4	Choose to be kind to your school- Write a thank you note to a PG teacher, janitor, school nurse or secretary that is making a difference.
FEB	5	Choose to be kind to your community. Serve your next door neighbor today. Drop off cookies, write a note of gratitude or take time to wave.
FEB	6	Choose to serve. Reach out to a healthcare worker or an elderly person you know who is lonely at this time.
FEB	7	Make peace with someone that has hurt you. Apologize and forgive.
FEB	8	Invite someone new to eat lunch with you today. Enlarge your circle and be inclusive.
FEB	9	Start up a conversation with a stranger today. Make a new friend.
FEB	10	Pay for someone behind you in line or pay a genuine compliment to a stranger.
FEB	11	Take time to say thank you to someone who has helped you in your life. Express sincere gratitude.

Follow along on Instagram [@the.ripple\\_effect](https://www.instagram.com/the.ripple_effect) and [@choosekindnesspg](https://www.instagram.com/choosekindnesspg)



Day of HOPE. Make a HOPE ROCK today and leave it for someone who needs it. Drop it off on the Murdoch canal for someone to find.

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Praise someone at work or school in front of other people for something they do well.

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**Write someone a love note!** Do something KIND for someone you know who is going through a difficult time.

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Lend an elderly person in our community a hand, or do an act of service for an elderly person in our community.

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Thank our local service people in PG- your mail man, the police officers or fire men in PG.

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Hide a note of encouragement in a family members lunch or on their bed.

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Call your parents and tell them that you love them. Text them a love note.

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Help a family in financial need by cooking them a meal, giving them clothing or something they need.

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Talk to the people you encounter today in a way that makes them feel good. Take time to tell them to have a great day.

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Encourage someone who may be at a low point in life. Motivate them, love them, take time to serve. Look up and smile today!

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Write a note of gratitude to the Mayor or a city council member, or send them a DM for the good they are doing in our community.

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Read a book to a child, or a person living at a care center. Or do something Kind in your home without being asked.

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Send a text to a friend you have not been in contact with for awhile. Thank them for their friendship.

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Say thank you and please as generously and often as possible today.

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Tolerate a loved one's behavior a little more than usual. Practice compassion.

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Comment something positive on someone else's social media account today. Be genuine.

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Post something positive on your own social media account today for other's to read. **#thepositiverippleeffect**

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