

# PLEASANT GROVE CITY CHOOSE KINDNESS MONTH *February 2023*



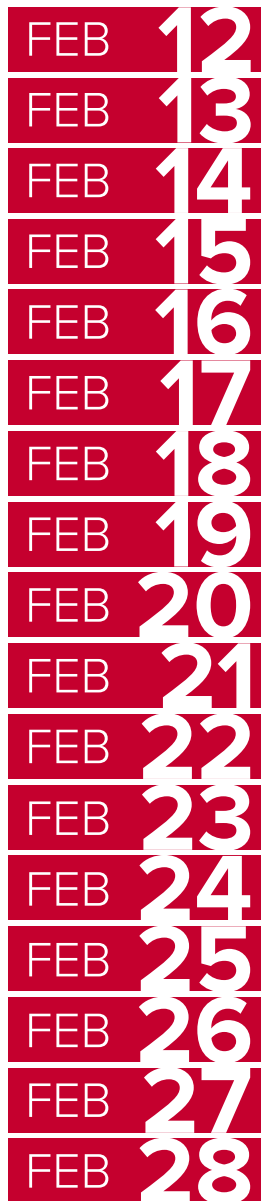
*Choose Kindness*

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! Cut out Hearts and "Heart attack" someone's door. Show Genuine love all day!
FEB	2	Write someone a LOVE note! Do something kind for someone you know is going through a difficult time.
FEB	3	Lend an elderly person a hand, or do an act of service for an elderly person in our community. Or visit a Care Center as a family and serve!
FEB	4	Give someone a HUG that really needs it.
FEB	5	Hide a note of encouragement on a Family members pillow.
FEB	6	Choose to Be Kind at SCHOOL today. Write a thank you note to a teacher who is making a difference. Take time to listen to a friend. Look for someone who needs YOU today!
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, or pay a genuine compliment to a stranger today. Make a new friend.
FEB	10	Pay for someone behind you in line in a drive through, or drop off cans of food to Tabitha's Way.
FEB	11	Take time to say thank you to someone who has helped you in your life. Express sincere gratitude. Make lunches for homeless individuals and drop them off in SLC

Follow along on Instagram @the.ripple\_effect and @choosekindnesspg



Host a game night for your family or with a family in your neighborhood.

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Choose to be Kind to your Family. Make a meal together and eat all together!

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Look UP and SERVE others with genuine LOVE today. LOOK UP and notice the HEART on the mountain overlooking PG. Look UP and SMILE today!

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Start your morning today by texting a friend who has made an impact on you. Tell them you LOVE them.

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Make a HOPE ROCK today and drop it off on the Murdock canal for others to find. Look on Insta @the.ripple\_effect and @choosekindnesspg for ideas!

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Random Acts of Kindness day! Comment something positive on someone else's social media account. Be Genuine!

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Call your Grandparents and tell them you LOVE them.

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Say thank you and please as generously and often as possible today. BE GRATEFUL!

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Choose to be KIND to yourself. Read positive affirmations. Exercise. Do something YOU love.

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Encourage someone who may be at a low point in life. Motivate them, love them, take time to serve.

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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. Drop off Used Books for children in need to Manila Elementary drop off box.

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Drop off a SWIG or drink from FRIENDS to a friend who could use some LOVE!

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Join us for a COMMUNITY service project at the Rec Center today from 10-11:00 a.m.

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Text 3 people you have not been in contact with for awhile this morning and tell them you were thinking of them and to have a great day!

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Choose to BE KIND to your COMMUNITY today as you do an act of service for someone in PG, support a local business, or take dinner to a family in need.

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Post something positive on your own social media account today for other's to read. [#thepositiverippleeffect](#)

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