

February 2025 MONTHLY WELLNESS CHALLENGE

RANDOM ACTS OF KINDNESS



Did you know that February 17th is Random Acts of Kindness Day?

This month, your Wellness Challenge is to perform at least **ONE random act of kindness (RAK) each day**.

RAKs are simple yet meaningful gestures—spontaneous or planned—that aim to make someone's day a little brighter. They could be as small as holding the door open, leaving a kind note, or surprising a coworker with their favorite coffee. Not only do random acts of kindness bring joy to others, but they also boost our own happiness and sense of purpose. Research shows that giving can make us feel more fulfilled and connected than material possessions ever could.

Take this opportunity to spread kindness, warmth, and positivity this month—because even the smallest acts can create a ripple effect of joy. ❤️

Let's make February a month to remember for ourselves and those around us! 😊

On the following pages, you will find:

- Random Acts of Kindness Ideas
- a blank monthly calendar that you can print off to keep track of your progress (if you are working towards completing the yearly Wellness Incentive Program, you may use this calendar as proof that you did the February 2025 Wellness Challenge)



At the end of the month, you will receive a Wellness email with a link to a Google Form. If you completed your monthly challenge of Random Acts of Kindness, please fill out the form and you will be entered into a prize drawing.

It takes 18-21 days to form a habit. Our monthly challenges are intended to get us started in creating good, healthy habits to better our everyday living.

Random Acts of Kindness Ideas

- Write a heartfelt note to someone who has made a difference in your life.
- Hold the door open for a stranger.
- Leave an encouraging note in a library book, on a park bench, or anywhere someone might stumble upon it.
- Share baked goods or a sweet treat with coworkers, neighbors, or first responders.
- Donate gently used clothes or items to a shelter or charity.
- Return stray shopping carts in the parking lot to the cart return area.
- Send a thoughtful note or care package to someone going through a tough time.
- Leave an extra-generous tip for your server at a restaurant or cafe.
- Let someone merge into traffic with a wave and a smile.
- Pick up litter at a park, playground, or around your neighborhood.
- Treat someone to lunch—a friend, coworker, or even a stranger.
- Share a genuine compliment with someone online or in person.
- Leave a kind note or small gift for your mail carrier, delivery driver, or garbage collector.
- Shovel snow or rake leaves for a neighbor.
- Offer your skills to help someone, like tutoring, fixing something, or giving advice.
- Donate non-perishable food to a local food bank.
- Smile and say hello to someone who seems like they could use a little cheer.
- Drop off pet supplies at a local animal shelter.
- Write a glowing review for a local business you love.
- Visit a nursing home—bring flowers or snacks and spend time brightening someone's day.
- Compliment a coworker on their work or attitude.
- Volunteer your time at a shelter, food pantry, or community center.
- Donate blood to help save lives.
- Surprise someone with a thoughtful gift.
- Leave positive, uplifting notes in your work breakroom.
- Participate in a charity walk, run, or event.

Month

Challenge

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

						
						
						
						
						