

# Acts of Kindness Calendar

## Hold a Hand, Share the Love

Small actions, big impact. Let's work together to inspire change for children and communities.

## FEBRUARY 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Feb

Share a book you love or donate to a library.



2 Feb

Call or visit a loved one you haven't spoken to in a while.



3 Feb

Write a kind note to someone who's impacted your life positively.



4 Feb

Praise a child for their efforts to build their confidence.



5 Feb

**Celebrate World Read Aloud Day! Read a story with someone.**



6 Feb

Share a childhood story or poem with a young person.



7 Feb

Volunteer 30 minutes to read or tutor in your community.



8 Feb

Clean a park or shared space.



9 Feb

Cook or share a healthy meal with someone in need.



10 Feb

Donate school supplies to a child-focused charity.



11 Feb

Encourage a teen to pursue their goals.



12 Feb

Share HMH resources on early childhood development.



13 Feb

Send a message or call a friend to check in.



14 Feb

**Valentine's Day: Plant a tree or flowers to show love for your community.**



15 Feb

Host or join a community wellness day with free activities like yoga or walking.



16 Feb

Leave an uplifting note for a stranger to find.



17 Feb

**Share resources on harm reduction or safe practices for teens.**



18 Feb

Help a child with homework or school projects.



19 Feb

Visit or call an elderly person to offer help or company.



20 Feb

Organise a small fundraiser for children's education or health needs.



21 Feb

Encourage a child or teen to set a new goal and support them in achieving it.



22 Feb

Participate in or organise a book drive to promote reading for joy.



23 Feb

Spend time volunteering at a shelter or community centre.



24 Feb

Share a healthy recipe with families in your community.



25 Feb

Volunteer at a school or NGO that supports children with disabilities.



26 Feb

Organise books to donate to local schools or libraries.



27 Feb

Host a family game night.



28 Feb

**Make a personal pledge to 'Hold a Hand' – mentor or support a child in need.**



Visit [www.holdmyhand.org.za](http://www.holdmyhand.org.za) for resources, inspiration, and to join our community.



Share your acts of kindness! Tag **#HoldMyHandSA** and inspire others to join the movement.



[www.holdmyhand.org.za](http://www.holdmyhand.org.za)



0600 411 111



@holdmyhandsa