

















# january 2023



citizenship and social justice

SUN	MON	TUES	WED	THURS	FRI	SAT
<p><b>Happy New Year!</b></p> <p>give loved ones a great, big hug!</p> 	<p>2 make a list of plastic items to avoid this week</p> 	<p>3 share your umbrella on this rainy day</p> 	<p>4 invite neighbors to eat dinner together!</p> 	<p>5 make a playlist of songs for your friends</p>	<p>6 put coins in an expired parking meter</p> 	<p>7 sign up for a volunteer service project</p>
<p>8 put a note in the mailbox for the mail carrier</p> 	<p>9 say something encouraging to the first person you meet today</p>	<p>10 ask an older relative to tell you a story</p> 	<p>11 share your favorite recipe with a neighbor</p> 	<p>12 eat lunch with someone new from school or work</p>	<p>13 pick up litter you find around school or your work place</p>	<p>14 watch a documentary on Martin Luther King Jr.</p> 
<p>15 donate to a nonprofit of your choice</p> 	<p><b>MLK Day</b> write down a favorite MLK quote &amp; give it to someone</p>	<p>17 make a box of compliment notes and put it out in class/at work</p>	<p>18 stand up for someone who is being talked badly about</p> 	<p>19 tell 3 friends 3 things you love about them!</p>	<p>20 make a hygiene pack to donate</p> 	<p>21 spend a day exploring your local public library and check out a book</p>
<p><b>Lunar New Year</b></p> <p>pick up litter at your local public park</p>	<p>23 give a teacher or a co-worker a snack</p>	<p>24 hold the door open for 3 people today</p> 	<p>25 do someone a favor and help them out</p>	<p>26 write an inspiring poem and leave it on a desk</p>	<p><b>Holocaust Remembrance Day</b> give someone a big hug</p> 	<p>28 free day! enjoy the day doing what you love</p>
<p>29 write to your role model a letter of appreciation</p> 	<p>30 discover the history behind your town and talk about it with someone</p>	<p>31 ask a veteran to tell you a story</p> 				

more information

on the January cause area visit [pebbletossers.org/january](https://pebbletossers.org/january)