

february 2024



vulnerable communities

SUN

MON

TUES

WED

THURS

FRI

SAT

more information

on the february cause area
visit pebbletossers.org/february

Rosa Parks Day

write notes of
thanks to give
out to people
you meet today

5



make dog
toys out of
old t-shirts
to donate
to shelters

6 surprise a friend
who's feeling
down with their
favorite meal



7 donate board
games to a
children's
healthcare
center

1



start a doodle
and pass it to
someone to
continue!

Groundhog Day

ask someone
how their day
went and
listen well

3

leave positive
online reviews
for a business
that served you
recently

random acts of kindness week

find ways to
spread kindness
this week

12

start a new
hobby and stick
to it for at least
a week

Galentine's Day

tell your gal
friends 5 things
you love about
them!

Valentine's Day

donate to a
nonprofit to
spread the love
this Valentine's

15

create a
playlist of songs
for a friend who
was feeling down
this week

16



dine at a
black-owned
restaurant!

Random Acts of Kindness Day

invite friends &
family to serve
with you

18



invite friends
to a morning
walk or
hike

President's Day

restock Little Free
Libraries with
children's books!

20



start a new
evening
yoga
routine

21

attend a Black
History Month
event at your
local public
library

National Chili Day

cook a
pot of chili
to serve at a
family shelter

23

register for a
Morning Respite
to play with the
children at
FOCUS!

24



help a family
member with
a task

25

check up
on an elder
relative and
ask how they
are doing!

26

practice
patience today
by not rushing
your tasks

27

FREE DAY!
find ways to
show someone
you care

Rare Disease Day

make CHOA
kits to deliver
this week

29



reflect on your
actions this
month by
journaling!