

FEBRUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1  Create a timeline of events and figures in black history.	2  Cast your own shadow on Groundhog Day with outdoor yoga.	3  Table Talk: If you could be in any book, which one would it be?
4  Engage in community service projects.	5  Try new breathing exercises.	6  Pay a compliment to someone new.	7  Write a thank you note to a mentor.	8  Show appreciation with a family gratitude sharing circle.	9  Make mini pizzas as a family for National Pizza Day.	10  Create paper lanterns for Chinese New Year.
11  How can you help change the game?	12  Have an open discussion about internet safety.	13  Bake a King Cake for Mardi Gras.	14  Craft Valentine's Day Cards for friends and family.	15  Have a cultural cuisine experience.	16  Explore guided meditation.	17  Carry out a spontaneous act of kindness.
18  Practice mindfulness exercises.	19  Create a Presidential craft for Presidents Day.	20  List 5 reasons why you're a good leader.	21  Play emotion charades.	22  Organize a nature walk with friends.	23  Host a poetry jam.	24  Be a positive influence on your peers.
25  Create a feelings chart.	26  Foster a positive body image.	27  Craft a positive thought jar.	28  Take a digital detox.	29  Make an origami frog for Leap Day!		

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Prevention
Action Alliance

Click the links for short activities you can do to help support [everyday prevention](https://www.everydayprevention.org/) in your community.