



























February 2022

Self-Care Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
Flower of the Month: Violet 		Learn about Chinese Culture  Chinese New Year	Watch the movie "Groundhog Day."  Groundhog Day	Buy a Bird Feeder.  Feed the Birds Day	Wear Something Red.  National Wear Red Day	Invite some friends over for tea. 
6	7	8	9	10	11	12
Pay three compliments to three different people  Play a Compliment Day	Give someone a rose today!  Rose Day	Go to an open space and fly a kite.  National Kite-Flying Day	Make a homemade pizza.  National Pizza Day	Take a walk after work.	Say hello to a person you do not know.  National Make a Friend Day	Read about Abraham Lincoln.  Abraham Lincoln's Birthday
13	14	15	16	17	18	19
Watch the game with family and friends  Super Bowl Day	Spend the day with someone you love.  Valentine's Day	Take five deep breaths to start your day.	Take a hot bath and read a book.  WASH-SOAK-RELAX	Do five random acts of kindness.  Random Act of Kindness Day	Turn up the music and dance. Play "Superstition" by Stevie Wonder.	Yum, and have a scoop of chocolate mint ice cream.  National Chocolate Mint Day
20	21	22	23	24	25	26
Cuddle with your pet.  National Love Your Pet Day	Enjoy your day off.  Presidents' Day	Value others and enable a listening ear.  Be Humble Day	Bake Banana Bread.  National Banana Bread Day	Make an Award Chili.  National Chili Day	Go to a restaurant for a cup of clam chowder.  National Clam Chowder Day	Write a letter to an Elder you know.  Letter to an Elder Day
27	28					
Create a Strawberry Dessert  National Strawberry Day	Start the day with stretches. 			Black History Month American Heart Month National Children's Dental Health Month National Self Check Month	Declutter for A Cause Month Library Lover Month Pet Dental Health Month	International Boost Self-Esteem Month Plant the Seeds of Greatness Month Youth Leadership Month