

# 2021

## FEBRUARY

### IT'S BLACK HISTORY MONTH

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# GRATITUDE MATTERS

SUN	MON	TUE	WED	THU	FRI	SAT
 National School Counseling Week	<b>1 National Freedom Day</b> 	<b>2 Groundhog Day</b> 	<b>3</b> “Don’t let what you cannot do interfere with what you can do.” – John Wooden	<b>4</b> What was the best part of your day?	<b>5</b> Think about something you've learned this week.	<b>6</b> Self-Care Saturday: Take some time to do something that YOU enjoy!
<b>7</b> “Strive for progress, not perfection.” – Unknown	<b>8</b> Who is someone that makes you laugh or smile a lot?	<b>9</b> Act of Kindness: Hold the door open for someone.	<b>10</b> 	<b>11</b> What makes you laugh?	<b>12</b>  Chinese New Year	<b>13</b> 
<b>14</b>  Valentine's Day	<b>15</b> Education opens up the mind, expands it and allows you to improve your life in so many ways.	<b>16</b> What was something nice that you saw today?	<b>17</b> Name 5 things you see in your home that you are grateful for today.	<b>18</b> Just breathe.	<b>19</b> Name 3 people in your life you are grateful for.	<b>20</b> Pick up litter on your street.
<b>21 Presidents' Day</b> 	<b>22</b> “Anyone who has never made a mistake has never tried anything new.” - Albert Einstein	<b>23</b> Smile at everyone today!	<b>24</b> Act of Kindness: Do a chore without being asked.	<b>25</b> 	<b>26</b> What is one thing you love about yourself?	<b>27</b> Fill in the blank: I am thankful I learned how to _____
<b>28</b> “Start where you are. Use what you have. Do what you can.” Arthur Ashe			For More Information: <a href="mailto:cmahoney@southcommunity.com">cmahoney@southcommunity.com</a> or 937-643-7068			