

# FEBRUARY 2018



MON	TUES	WED	THUR	FRI	SAT	SUN
			1 Pick one day and plan to make an extra serving of food to share with someone	2 Support your local duka by buying something on the way to/from home today	3 Do laundry for a friend who had a baby or is going through a tough time	4 Pray for families affected by cancer. Reach out to any you know personally
5 Plan to take the trash out for a neighbour this week	6 Use social media to share 3 facts about the negative impact of FGM. Tag @SDGKenya	7 Call a friend to say hi and check how they are doing	8 Work in a block of offices? Get to know the neighbours and see if you can help them	9 Take time to learn and understand more about people with special needs	10 Going shopping? Ask a friend or neighbour if they need anything	11 Think of a skill you have. Plan how you can put it to good use in the coming week
12 Pass on a book or magazine to a friend	13 Thank a traffic cop who is keeping the traffic flowing	14 Show love to someone who might be feeling lonely on Valentine's Day	15 Buy a drink and snacks for someone at work who wouldn't expect it	16 Start a discussion with friends to share ideas on how to help the environment	17 Write to a teacher or role model and tell them how they made a difference in your life	18 Been to church today? Share a word of inspiration from the service
19 Share a quote, bible verse or meme as motivation to get through Monday	20 Look for opportunities to volunteer for an organisation promoting social justice	21 Have a trash-free lunch. Pack food in reusable containers, use metal cutlery and a cloth napkin	22 Sharing is caring...find a way to share today	23 It's Furahiday! Take small food treats to work/school to share with others	24 Get together with some friends and organise a clean-up in a local park or forest	25 Visit a friend or relative who would appreciate some company
26 Give a security guard chapatis or a bag of unga to appreciate their work	27 Use a Whatsapp group to ask if anyone has a prayer request they would like to share	28 End the month on a high...register as an SDG volunteer				@SDGKenya

#SDGDaily

SIGNIFICANT DATES

4th World Cancer Day, 6th Zero Tolerance to FGM, 14th Valentine's Day, 20th World Day of Social Justice