

# Monthly Motivator: February

## Share your love of walking and kindness!

Iowa Safe Routes to School invites you to spend February walking and spreading kindness all month long! Below are some ideas!

- While out walking wave at everyone you see
- Walk with someone you care about
- Make a Valentine's Day Card and give it to a LOVED one
- Help clear the sidewalks of snow so everyone can walk safely to school

Here is a link for more information on the benefits of kindness  
<https://www.randomactsofkindness.org/the-science-of-kindness>

Share your act of kindness with us by posting a picture or story on our Facebook page

<https://www.facebook.com/iowasaferoutes/>



## Reasons to Get Moving in February!



**American Heart Month!**  
**Wave At Your Friend Day - 7th**  
**Make a Friend Day- 11th**  
**Valentine's Day - 14th**  
**Random Acts of Kindness - 3rd Week**



**INRCOG**  
Iowa Northland Regional  
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