February 17th is National Random Acts of Kindness Day, which makes this month a great time to focus on empathy and kindness. We can include our AAC communicators in projects to provide random acts of kindness, write thank-you notes and learn how to give compliments. You can create a Kindness Calendar with simple activities (give someone a compliment, tell someone “thank you”, share turns) to complete with the AAC communicator.

As the communication partner, whether you are a family member, teacher, therapist or friend, use these words as you talk to model where they are located and how powerful they can be. Look for opportunities to teach and model words to give compliments as you spread kindness this month!

**Learning to be Kind**

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