

Season for Nonviolence Weekly Themes

Themes for Week 1

Day 1 ~ January 30th ~ **Courage** (Mahatma Gandhi Memorial Anniversary)

Day 2 ~ January 31st ~ **Smiling**

Day 3 ~ February 1st ~ **Appreciation**

Day 4 ~ February 2nd ~ **Caring**

Day 5 ~ February 3rd ~ **Believing**

Day 6 ~ February 4th ~ **Simplicity**

Day 7 ~ February 5th ~ **Education**

Themes for Week 2

Day 8 ~ February 6th ~ **Healing**

Day 9 ~ February 7th ~ **Dreaming**

Day 10 ~ February 8th ~ **Faith**

Day 11 ~ February 9th ~ **Contemplation**

Day 12 ~ February 10th ~ **Groundedness**

Day 13 ~ February 11th ~ **Creativity**

Day 14 ~ February 12th ~ **Humility**

Themes for Week 3

Day 15 ~ February 13th ~ **Reverence**

Day 16 ~ February 14th ~ **Gratitude**

Day 17 ~ February 15th ~ **Integrity**

Day 18 ~ February 16th ~ **Freedom**

Day 19 ~ February 17th ~ **Acceptance**

Day 20 ~ February 18th ~ **Self-Forgiveness**

Day 21 ~ February 19th ~ **Inspiration**

Themes for Week 4

Day 22 ~ February 20th ~ **Mission**

Day 23 ~ February 21st ~ **Prayer**

Day 24 ~ February 22nd ~ **Harmony**

Day 25 ~ February 23rd ~ **Friendliness**

Day 26 ~ February 24th ~ **Respect**

Day 27 ~ February 25th ~ **Generosity**

Day 28 ~ February 26th ~ **Listening**

Themes for Week 5

- Day 29 ~ February 27th ~ **Forgiveness**
- Day 30 ~ February 28th ~ **Amends**
- Day 31 ~ March 1st ~ **Praising**
- Day 32 ~ March 2nd ~ **Patience**
- Day 33 ~ March 3rd ~ **Acknowledgement**
- Day 34 ~ March 4th ~ **Love**
- Day 35 ~ March 5th ~ **Understanding**

Themes for Week 6

- Day 36 ~ March 6th ~ **Mindfulness**
- Day 37 ~ March 7th ~ **Graciousness**
- Day 38 ~ March 8th ~ **Kindness**
- Day 39 ~ March 9th ~ **Dialogue**
- Day 40 ~ March 10th ~ **Unity**
- Day 41 ~ March 11th ~ **Openness**
- Day 42 ~ March 12th ~ **Accountability**

Themes for Week 7

- Day 43 ~ March 13th ~ **Uniqueness**
- Day 44 ~ March 14th ~ **Cooperation**
- Day 45 ~ March 15th ~ **Mastery**
- Day 46 ~ March 16th ~ **Compassion**
- Day 47 ~ March 17th ~ **Disarmament**
- Day 48 ~ March 18th ~ **Ecology**
- Day 49 ~ March 19th ~ **Honour**

Themes for Week 8

- Day 50 ~ March 20th ~ **Choice**
- Day 51 ~ March 21st ~ **Advocacy**
- Day 52 ~ March 22nd ~ **Equality**
- Day 53 ~ March 23rd ~ **Action**
- Day 54 ~ March 24th ~ **Giving**
- Day 55 ~ March 25th ~ **Responsibility**
- Day 56 ~ March 26th ~ **Self-Sufficiency**

Themes for Week 9

- Day 57 ~ March 27th ~ **Service**
- Day 58 ~ March 28th ~ **Citizenship**
- Day 59 ~ March 29th ~ **Intervention**

Day 60 ~ March 30th ~ **Witnessing**

Day 61 ~ March 31st ~ **Peace**

Day 62 ~ April 1st ~ **Commitment**

Day 63 ~ April 2nd ~ **Release**

Themes for Week 10

Day 64 ~ April 3rd ~ **Celebration**

~ April 4th ~ **Martin Luther King Jr. Memorial Anniversary**