

# Kindness Calendar March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>"Be the reason someone believes in the goodness of people." - Karen Salmansohn</p>			<p>Thank you for your kindness</p>	<p>1 Share this Calendar to inspire kindness in others</p>	<p>2 Dance around the house to your favourite happy music</p>	<p>3 Make someone feel special on 'I Want You To Be Happy Day'</p>
4	5	6	7	8	9	10
<p>Let a car go in front of you in traffic</p>	<p>When someone annoys you, try to look for the good side</p>	<p>Take a different route today and notice what you see</p>	<p>Start or add items to your food donation box</p>	<p>Celebrate the amazing women in your life 'International Women's Day'</p>	<p>Put your loose change in a charity box</p>	<p>Spend time doing something YOU love to do</p>
11	12	13	14	15	16	17
<p>Compliment everyone you meet today</p>	<p>Get green fingers 'Plant a Flower Day'</p>	<p>Spend time with someone who makes you laugh</p>	<p>Get back in touch with a friend you miss</p>	<p>Tell a child in your life how amazing they are 'Absolutely Incredible Kids Day'</p>	<p>Have a screen and phone-free day</p>	<p>Write down 3 things you feel grateful for and why</p>
18	19	20	21	22	23	24
<p>Strike up a conversation with a stranger</p>	<p>Help someone overcome an obstacle today</p>	<p>Smile all day long 'International Day of Happiness'</p>	<p>Spend time in nature to welcome the new season</p>	<p>Buy and leave snacks in a vending machine for others to find</p>	<p>Help clean up your neighbourhood 'The Great British Spring Clean'</p>	<p>Buy yourself some flowers</p>
25	26	27	28	29	30	31
<p>Tell others what a great job they're doing</p>	<p>Look for something positive to say to everyone you meet today</p>	<p>Watch something funny, and notice how laughing makes you feel</p>	<p>Donate any pre-loved items to charity</p>	<p>It's freestyle day! Choose your favourite Kindness act or be spontaneous 😊</p>	<p>Switch off your lights from 8.30-9.30pm for Earth Hour</p>	<p>Do something that makes your soul sing</p>

Download your free Kindness Calendar at [maketodayhappy.co.uk](http://maketodayhappy.co.uk) ♥ Share your kindness experiences on [facebook.com/spreadingalittlekindness](https://www.facebook.com/spreadingalittlekindness)