

Kindness Calendar November 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
1st	2nd	3rd	4th	5th	6th	7th	
Share this calendar to inspire kindness in others	Ask others about something they've enjoyed recently	Enjoy a meal without distractions	Send a postcard to someone who needs cheering up	Appreciate your food and all that it took for it to reach your plate	Switch off the TV and enjoy a games-night	Write a list of everything you're grateful for and why	
8th	9th	10th	11th	12th	13th	14th	
Surprise someone with a gift they'll love on 'World Gift Day'	Treat everyone you interact with as warmly as you would a friend	Go for a walk in the park and tune into your senses	Write and leave notes for loved ones to find	Do a job a loved one doesn't like doing		Write down three self-care actions to do this week and plan to do them!	
15th	16th	17th	18th	19th		20th	21st
Smile at a stranger, or two, or three	Gently encourage someone who needs it	Do a daily routine task mindfully eg brushing teeth, washing dishes etc	If someone is annoying you, remember they are fighting a battle too	Turn your phone off and give others your full attention	Write down all the things that have made you smile this week	Greet ten people on 'World Hello Day'	
22nd	23rd	24th	25th	26th	27th	28th	
Get cosy by putting your PJs on as soon as you get home	Do something new that's kind to nature and our planet	Every hour, take 3 slow, deep breaths and notice how it makes you feel	Call a friend to ask about their day	Turn 'Black Friday' into 'Kind Friday' 😊	Write a short note of appreciation to someone	Take one step forward in something you really want to do	
29th	30th	<p>The kindness of a stranger is such a beautiful gift. So on World Kindness Day, let's give a stranger a lift. A smile, a compliment, let in front of you in a queue it could make a big difference, and lift your spirits too. It may create a ripple, its impact reaching far. So on the 13th of November, be a kindness superstar ★</p>				<p>words by Helen</p>	<p>Thank you for your kindness</p>
Notice if you're being judgemental and be kind instead	Give away something you no longer need or use						

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