



Kindness Calendar March 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Always be a little kinder than necessary ~JM Barry		1st	2nd	3rd	4th	5th
		Share this calendar to inspire kindness in others	Encourage children to read for pleasure on 'World Book Day'	Brighten someone's day on 'I Want You To Be Happy Day'	Donate any spare items to a food bank	Dance around the house to your favourite happy music
6th	7th	8th	9th	10th	11th	12th
Say something positive to everyone you connect with	Go a different way and notice what you see	Celebrate the amazing women in your life on 'International Women's Day'	Listen and pause before you react to anger	Tell someone all the reasons why you love them	Have a technology and phone-free day	Get green fingers on 'Plant a Flower Day'
13th	14th	15th	16th	17th	18th	19th
Watch something funny, and notice how laughing makes you feel	Check in on an elderly relative/ neighbour	Take some nourishing deep breaths during the day	When someone annoys you, try to look for the good side	Go to bed early and enjoy more sleep on 'World Sleep Day'	Ask someone "How are you really doing?"... and really listen to their response	Spend time doing something YOU love to do
20th	21st	22nd	23rd	24th	25th	26th
Spread the word, it's 'Int. Day of Happiness'	Let someone go in front of you in traffic	Spend time in nature to welcome in the new season	Get back in touch with a friend you miss	Connect with someone who makes you laugh	Switch off lights from 8.30-9.30pm for Earth Hour	Embrace your creativity: <small>draw, write, dance, sing, paint, bake, needlework, take photos, garden, craft, play...</small>
27th	28th	29th	30th	31st	★ Thank you ★ for your kindness	
Tell everyone what a great job they're doing	Do a daily routine task mindfully, focusing on your senses	It's Kindness freestyle day - choose your favourite or be spontaneous	Compliment everyone you connect with	Help someone overcome an obstacle		

Download your free Kindness Calendar at www.maketodayhappy.co.uk Share your kindness stories and experiences on facebook.com/spreadingalittlekindness