

Kindness Calendar August 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Thank you for your kindness	1	2	3	4	5	6
	Share this calendar to inspire kindness in others	Notice when you're feeling stressed or tired and take a short break	Say thank you to someone who's made a difference in your life	Offer your postal/delivery worker an ice lolly or cool drink	Do 3 things to bring joy to others today	Mindfully walk barefoot in the garden, park, or beach it's 'Wiggle Your Toes Day'
7	8	9	10	11	12	13
Let someone go in front of you, in traffic, or a queue	Recognise every moment of joy 'Happiness Happens Day'	Pause. Take a deep breath. Then take a few more...	If someone is irritating you, remember they are fighting a battle too	Give someone your time without expecting anything in return	Buy local to support local businesses	Celebrate 'Afternoon Tea week' with a delicious feast
14	15	16	17	18	19	20
Do something nice for someone without them knowing it's you	Slow down and unwind 'Relaxation Day'	Knock! Knock! It's 'Tell A Joke Day' 😄😂😂😂	When someone is speaking take a full breath before you reply	Inspire and encourage yourself and others 'Never Give Up Day'	Say hello to someone new	Take a small step towards an important goal
21	22	23	24	25	26	27
Tell someone what a great job they're doing	Send a postcard to someone who'd really appreciate it	Spend time listening to the birds	Let go of something you've been holding onto	Do something nice for someone who is feeling low	Keep mealtimes phone/screen-free	Make a playlist of songs that make you happy
28	29	30	31	"Kindness isn't a debt to be repaid. It's a gift to give away freely to others without expecting anything back." - Sarah J Harris		
Treat everyone you interact with as warmly as you would a friend, including yourself	Donate unwanted books to a charity shop or local library	Look around to find 3 things you're grateful for	Call an elderly relative or neighbour to check they're ok			

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