



Kindness Calendar April 2024



Thank you
for your
kindness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1st	2nd	3rd	4th	5th	6th	7th
Share this calendar to inspire kindness in others	Read a book with a youngster 'Children's Book Day'	When washing your hands, be mindful and notice how it feels	Message a friend just to say hello and you're thinking of them	Compliment everyone you interact with	Try to give others the benefit of the doubt	Write down 3 things you LOVE about yourself and celebrate them
8th	9th	10th	11th	12th	13th	14th
Notice if you're being judgemental and choose to be kind instead	Ask someone about something they've enjoyed recently	Savour the experience of eating something you really enjoy	Be there for someone who's having a bad day	Keep moving your body as much as you're able: dance, walk, exercise, stretch...	Have a screen-free day and connect with those around you	Step outside and look up 'Look up at the Sky Day'
15th	16th	17th	18th	19th	20th	21st
Let go of something you've been holding onto	Really listen to others, without interrupting	Pause to take a few slow, deep breaths, repeat throughout the day	Help make someone feel seen and appreciated	When things feel too much, go for a walk to clear your head	Support local businesses as much as possible	Enjoy a virtual or in-person cuppa with a friend 'National Tea Day'
22nd	23rd	24th	25th	26th	27th	28th
Stand barefoot on the grass 'Mother Earth Day'	Snuggle up with a good book 'World Book Night'	Go for a stroll in nature and notice everything around you	Find a way to support a cause that's close to your heart	Cook an extra meal for someone who'll appreciate it	Do something creative that absorbs your attention	Do kindness acts for 3 people and inspire them to do the same 'Pay It Forward Day'
29th	30th	<p>"You might think you don't matter in this world, but because of you, someone now likes themselves a little bit more because you made a passing comment that made them feel good. Someone has read a book you recommended and they got lost in the pages. Someone has remembered a joke you told them that made them smile to themselves on the bus. Someone has tried on an outfit and felt beautiful because you complimented them on it. Never think you don't have an impact, your fingerprints can't be wiped away from the little marks of kindness you've left on the world."</p> <p>~unknown</p>				
Dance around the house to your favourite tunes 'International Dance Day'	Be the first to smile and say hello					

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