

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Kindness Calendar September 2024						1st
						Share this calendar to inspire kindness in others
2nd	3rd	4th	5th	6th	7th	8th
Be gently encouraging to someone who needs it	Listen and pause before you react to anger	If you notice you're rushing, make an effort to slow down	Donate time, money or pre-loved items 'International Day of Charity'	Swap your favourite books with friends 'Read a Book Day'	Put down your devices, and give loved ones your full attention	Tune into your feelings and be curious rather than critical
9th	10th	11th	12th	13th	14th	15th
Tell everyone what a great job they're doing	Forgive someone and then let it go	Be extra patient with any challenges you face today	Ask someone how they are and really listen to their reply "Ask R U OK?" Day	Radiate good vibes 'Positive Thinking Day'	Call a family member just to say hello	Go to bed an hour earlier and enjoy more sleep
16th	17th	18th	19th	20th	21st	22nd
Make someone feel loved and appreciated	Give others the benefit of the doubt	Go for a soothing stroll in nature	Put a problem into perspective and try to see the bigger picture	Help rid your neighbourhood of litter 'World Clean-up Day'	Write down 3 things you're grateful for 'World Gratitude Day'	Walk, cycle or use public transport 'World Car Free Day'
23rd	24th	25th	26th	27th	28th	29th
Make an effort to get to know someone better	Look for opportunities to brighten others' day	Take action towards making a dream a reality 'World Dreams Day'	Notice if you're being judgemental and be kind instead	Buy yourself some colourful flowers	Help a neighbour in need 'Good Neighbour Day'	Look after the health of your heart 'World Heart Day'
30th	"The smallest act of kindness is worth more than the greatest intention." ~ Kahlil Gibran				☆ Thank you ☆ for your kindness	
Give away genuine compliments all day long						

Download your free Kindness Calendar at [MakeTodayHappy.co.uk](https://www.MakeTodayHappy.co.uk) ♥ Share your kindness stories and experiences on Facebook: [Spreading A Little Kindness](https://www.facebook.com/SpreadingALittleKindness) ♥ Border by HCG