

Kindness Calendar October 2024

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	Offer to help someone with a difficult project	Notice when you're busy and take regular breaks	Spread the word, it's 'World Animal Day'	Thank a teacher in your life 'World Teachers Day'	Do an activity that brings you joy
7	8	9	10	11	12	13
Look for opportunities to help others	Be as kind to yourself as you are to your friends	Thank your postal worker 'World Post Day'	Seek or give support 'World Mental Health Day'	Mediate a conflict	Check in with an elderly relative or neighbour	Spend time with someone who makes you smile
14	15	16	17	18	19	20
Let someone go in front of you in traffic or a queue	Notice the good in everyone you connect with	Look at something you do regularly with fresh eyes	Support a cause close to your heart	Tell loved ones you love them	Donate to a food bank	Be gentle with yourself, you're doing the best you can
21	22	23	24	25	26	27
Thank somebody special with a little gift they'll love	Offer to help someone with a difficult project	Eat meals mindfully, without any distractions (including screens!)	Connect with someone who might be lonely	Be completely present with others	Message someone to let them know you're thinking about them	Focus on all the good things you have in your life
28	29	30	31	<p>"A kind gesture can reach a wound that only compassion can heal." - Steve Maraboli</p>		
Say hello to someone new	Wrap your arms around your beautiful self and give yourself a hug	Bake (or buy) Halloween treats to share	Have a FANG-tastic Halloween! 🦋			

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