# ❤️ Kindness Calendar February 2019 ❤️

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| "love is born through the giving of kindness." — Inderjeet Singh Rajpal | | | | **1** Share this Calendar to inspire kindness in others | **2** Buy a few extra items to give to a food donation bank | **3** Feed the birds in your garden/ local park on 'Feed the Birds Day' |
| **4** Be the first to smile and say hello | **5** Give gentle encouragement to someone who needs it | **6** Make someone laugh | **7** Let your friends know you care on 'Send a Card to a Friend Day' | **8** Buy a coffee for the next person in the queue | **9** Donate pre-loved clothes to charity | **10** Take yourself out on a 'date' |
| **11** Think, speak and act positive to yourself and to others | **12** Say sorry to someone you need to | **13** Get together with your best gal pals on 'Galentine's Day' | **14** Show some love to yourself and others on 'Valentine's Day' | **15** Smile all day, no matter what today throws at you! | **16** Be gentle with yourself, you're doing the best you can | **17** Spread the word! It's 'Random Act of Kindness Day' |
| **18** Say thank you with your biggest smile | **19** Write and hide positive messages for others to find | **20** Spend quality time with your pet on 'Love Your Pet Day' | **21** Hug someone who's having a bad day | **22** Wear a pink shirt on International 'STAND UP to Bullying Day' | **23** Spend quality time with loved ones | **24** Treat yourself to something nice |
| **25** Give a genuine compliment to 10 people | **26** Check in on an elderly relative or neighbour | **27** Go for a gentle soul stroll in nature | **28** Offer to help someone who doesn't like to ask for help | Thank you for your kindness | Download your free Kindness Calendar at maketodayhappy.co.uk — Share your kindness experiences on facebook.com/spreadingalittlekindness | |