

Kindness Calendar May 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>""When given the choice between being right and being kind, choose kind." - Wayne Dyer</p>		1	2	3	4	5
		Share this Calendar to inspire kindness in others	It's 'Screen-Free week': unplug and play, create, daydream, explore, connect...	Let a car or person go in front of you	Offer to babysit or pet-sit for someone who needs a night out	Do things that make you laugh out loud on 'World Laughter Day'
6	7	8	9	10	11	12
Say hello and strike up a conversation with someone new	Say YES to everything today! (within reason, of course!)	Go for a walk in nature at lunchtime	Think, speak and act positive all day long	Pay for someone's coffee	Pick up plastic, cans and litter with 'The Great Plastic Pick up'	Help spread awareness on 'ME/CFS Awareness Day'
13	14	15	16	17	18	19
Check in with a friend during 'Mental Health Awareness Week'	Forgive someone you've been holding a grudge against	Put down your phone and give others your full attention	It's 'Wear Purple for Peace Day'	Tell someone why you love them	Surprise a family member with a visit on 'Visit Your Relatives Day'	Treat yourself to something nice
20	21	22	23	24	25	26
Be extra kind to someone you find challenging	Offer to help someone who needs it but doesn't like to ask	Spend a few minutes listening to the birds	Give a heartfelt hug to someone who needs it	Call a friend to ask about their day	Start or add a few more items to your Food Bank Donation Box	Take yourself out on a date: to the cinema, a museum, for a coffee, a walk...
27	28	29	30	31	<p>☆ Thank you for your kindness ☆</p> <p>Download your free Kindness Calendar at www.maketodayhappy.co.uk</p> <p>Share your kindness stories and experiences on facebook.com/spreadingalittlekindness</p>	
Smile at everyone you see	Take time to appreciate someone who does something you take for granted	Take a few deep breaths into your belly throughout the day	Show your plants some extra love on 'Water a Flower' Day	Compliment everyone you interact with today		