

Kindness Calendar March 2020

1st

Share this calendar to inspire kindness in others

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2nd	3rd	4th	5th	6th	7th	8th
Strike up a conversation with someone new	Do something to make others happy on 'I Want You To Be Happy Day'	Eat a meal mindfully	Look for something positive to say to everyone you meet	Write down 3 things you feel grateful for in your life and why	Have a technology & phone-free day	Celebrate the amazing women in your life on 'International Women's Day'
9th	10th	11th	12th	13th	14th	15th
Let someone go in front of you in traffic or a queue	When someone annoys you, try to look for the good side	Go a different way today and notice what you see	Get green fingers on 'Plant a Flower Day'	Go to bed early and enjoy quality sleep on 'World Sleep Day'	Add more items to, or start, a food donation box	Spend time doing something YOU love to do
16th	17th	18th	19th	20th	21st	22nd
Compliment everyone you meet	Help someone overcome an obstacle	Take a few deep breaths	Tell a child in your life how amazing they are on 'Absolutely Incredible Kids Day'	Spread the word, it's 'International Day of Happiness'	Help clean up your neighbourhood for 'The Great British Spring Clean'	Spend time in nature to welcome the new season
23rd	24th	25th	26th	27th	28th	29th
Put your loose change in a charity box	Tell someone why you love them	Watch something funny, and notice how laughing makes you feel	Dance around the house to your favourite happy music	Spend time with someone who makes you laugh	Switch off your lights from 8.30-9.30pm for 'Earth Hour'	It's Kindness freestyle day - choose your favourite or be spontaneous!
30th	31st	<p>"Your acts of kindness are iridescent wings of divine love, which linger and continue to uplift others long after your sharing." ~ Rumi</p>				Thank you for your kindness
Tell everyone what a great job they're doing	Get back in touch with a friend you miss					

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