♡ Kindness Calendar February 2021 ♡

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1st	2nd	3rd	4th	5th	6th	7th
Share this Calendar to inspire kindness in others	Smile all day, no matter what today throws at you	Feed the birds in your garden or park, it's 'Feed the Birds Day'	Check in on an elderly relative or neighbour	Support local businesses as much as possible	Be gentle with yourself, you're doing the best you can	Let a friend know you care on 'Send a Card to a Friend Day'
8th	9th	10th	11th	12th	13th	14th
Make someone laugh	Make a list of all the amazing things you take for granted	Go for a gentle soul stroll in nature	Give gentle encouragement to someone who needs it	Buy a few extra items to give to a food donation bank	Connect with your best gal pals on 'Galentine's Day'	Show some love to yourself on 'Valentine's Day'
15th	16th	17th	18th	19th	20th	21st
Say thank you with your biggest smile	Be there for someone who's having a bad day	Random Acts of Kindness Day!	Say sorry to someone you need to	Allow yourself an hour to do something that brings you joy	Spend quality time with a pet on 'Love Your Pet Day'	Have a dance party online with friends, or at home by yourself or with loved ones
☆ Random Acts of Kindness Week: 14th-20th	Random Acts of Kindness Week	☆ Random Acts of Kindness Week: 14th-20th				
22nd	23rd	24th	25th	26th	27th	28th
Give a genuine compliment to 10 people	Offer to help someone who doesn't like to ask for help	Eat a meal mindfully, focusing on all the senses	Think, speak and act positive to yourself and to others	Donate pre-loved clothes to charity	Give others your undivided attention and really listen	Buy yourself some flowers
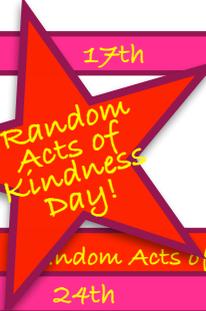
"For there is always light. If only we're brave enough to see it. If only we're brave enough to be it." - Amanda Gorman

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