

# Kindness Calendar June 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Thank you for your kindness	1 Share this calendar to inspire kindness in others	2 Take a moment to thank a person who is always there for you	3 Eat a meal mindfully, focusing on the taste and texture	4 Find ways to enjoy the chores/tasks you have to do today	5 Start a new environmentally healthy habit "World Environment Day"	6 Do something creative that absorbs your attention
	7 Send a positive note to a friend who is struggling	8 Say YES to everything today! <small>within reason, of course!!</small>	9 Notice the silver linings about negative experiences, both small and big	10 Do something to help make someone's life a little easier	11 Try out a new healthy recipe or get creative with store-cupboard ingredients	12 Spend quality time with your loved ones, without interruptions
13 Have a meat-free day to support "World Meat-Free Week"	14 Smile from ear-to-ear all day long "Smile Power Day"	15 Be gentle with yourself, you're doing the best you can	16 Look for the good in someone who irritates you	17 Eat out in the open, it's "International Picnic Day"	18 Call an elderly neighbour or relative, just to check in	19 Make a list of your favourite childhood memories
20 Celebrate the solstice by dancing to your favourite tunes "World Music Day"	21 Look up to the sky for 10 minutes and watch the clouds pass by	22 Cast away any regrets or grudges on "Let It Go Day"	23 Compliment everyone you interact with today	24 Notice when you're feeling worried/anxious and reach out for support	25 Buy local to support independent businesses	26 Go to bed an hour earlier and enjoy more sleep
27 Ask someone how they are and really listen to their reply	28 Every so often, take 3 slow, deep breaths, notice how it makes you feel	29 Post and share positive posts, it's "Social Media Day"	<p>One act of kindness won't change the world, but it may change one person's world.</p>			
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