

# Kindness Calendar August 2021

1st

Share this calendar to inspire kindness in others

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2nd	3rd	4th	5th	6th	7th	8th
Tell someone what a great job they're doing	Let go of something you've been holding onto	Go outside and listen to the birds	Send a postcard to someone who needs cheering up	Walk barefoot on the grass, or at the beach, it's 'Wiggle Your Toes Day' (please be carefully)	Keep mealtimes mobile phone free	Celebrate all things happy on 'Happiness Happens Day'
9th	10th	11th	12th	13th	14th	15th
Radiate positivity, all day long	Take a small step towards an important goal	Pause. Take a deep breath. Then take a few more	Do 3 things to bring joy to others today	Give yourself a loooooong, nourishing hug	Celebrate 'Afternoon Tea Week' with a delicious spread	Make time to rest and relax on 'Relaxation Day'
16th	17th	18th	19th	20th	21st	22nd
Go joke crazy, it's 'Tell A Joke Day'	Message a compliment to three people	Inspire and encourage yourself and others on 'Never Give Up Day'	When someone is speaking, take a full breath before you reply	Have a dance party, online or in your home, with loved ones, or by yourself	Buy local to support local businesses	Do something that makes your soul sing
23rd	24th	25th	26th	27th	28th	29th
Call an elderly relative or neighbour to check they're ok	When things get tough, go for a walk to clear your head	Watch the sunrise or sunset	Say thank you to someone who's made a difference in your life	Donate unwanted books to a charity shop or local library	Cook extra and share with a neighbour	Be extra kind and gentle with yourself, you're doing great
30th	31st	<p>"Don't wait for people to be friendly. Show them how." ~Henry James</p>			<p>Thank you for your kindness</p>	
Keep moving, whether it's walking around the garden or home	Do something nice for someone without them knowing it's you					

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