



Kindness Calendar March 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6
Thank you for your kindness	Share this calendar to inspire kindness in others	Go a different way today and notice what you see	Look for opportunities to make others happy on 'I Want You To Be Happy Day'	Donate any spare items to a food bank	Have a technology/ phone-free day	Watch something funny, and notice how laughing makes you feel
7	8	9	10	11	12	13
Let someone go in front of you in traffic	Celebrate the amazing women in your life on 'International Women's Day'	Do a daily routine task mindfully, focusing on your senses	Compliment everyone you connect with	Listen and pause before you react to anger	Get green fingers on 'Plant a Flower Day'	Spend time doing something YOU love to do
14	15	16	17	18	19	20
Tell everyone what a great job they're doing	Help someone overcome an obstacle today	Eat a meal mindfully, notice taste, texture, smell etc	Check in on an elderly neighbour	Go to bed early and enjoy more sleep on 'World Sleep Day'	Dance around the house to your favourite happy music	Spread the word, it's 'International Day of Happiness'
21	22	23	24	25	26	27
Ask someone "How are you really doing?"... and really listen to their response	Tell someone all the reasons why you love them	Spend time in nature to welcome in the new season	Say something positive to everyone you connect with	Get back in touch with a friend you miss	Switch off your lights from 8.30-9.30pm for Earth Hour	Get crafty: draw, paint, create, bake...
28	29	30	31	<p>"Everybody can understand kindness - it simply transcends race, religion, ethnicity, cultural background and language." - Orly Wahba</p>		
When someone annoys you, try to look for the good side	It's Kindness freestyle day - choose your favourite or be spontaneous	Take some nourishing deep breaths during the day	Connect with someone who makes you laugh			

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