


Kindness Calendar February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Thank you for your kindness		1st	2nd	3rd	4th	5th
		Share this calendar to inspire kindness in others	Check in on an elderly relative or neighbour	Feed the birds in your garden or park, it's 'Feed the Birds Day'	Donate pre-loved clothes to charity	Have a dance party, with family, friends or by yourself!
6th	7th	8th	9th	10th	11th	12th
Give a genuine compliment to everyone you come across	Let a friend know you care on 'Send a Card to a Friend Day'	Go for a gentle soul stroll in nature	Really listen to others, without interrupting	Make someone laugh	Support local businesses as much as possible	Buy yourself some beautiful flowers - you're worth it
13th	14th	15th	16th	17th	18th	19th
Get together with your best gal pals on 'Galentine's Day'	Show some love to yourself on 'Valentine's Day'	Pause and watch the sky for a few minutes, notice how it changes	Say thank you with your biggest smile	 Random Acts of Kindness Day	Switch off devices and be present with those around you	Allow yourself some time to do something that brings you joy
20th	21st	22nd	23rd	24th	25th	26th
Spend quality time with a pet on 'Love Your Pet Day'	Think, speak and act positive to yourself and to others	Eat a meal mindfully, focusing on all the senses	Offer to help someone who doesn't like to ask for help	Say sorry to someone you need to	Buy a few extra items to give to a food donation bank	Be gentle with yourself, you're doing the best you can
27th	28th	"Every act of kindness is like a pebble thrown in a pond sending out ripples far beyond where the pebble entered the water. When we're caring and kind to our neighbours, our actions send rings of kindness that spread from neighbour to neighbour to neighbour." ~Angela Artemis				
Be there for someone who's having a bad day	Pause to take a deep breath or two and notice how it makes you feel					

Download your free Kindness Calendar at www.maketodayhappy.co.uk Share your kindness stories and experiences on facebook.com/spreadingalittlekindness