

Kindness Calendar April 2023

Thank you for
your kindness

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

"Do things for people not because of who they are or what they do in return, but because of who you are." – Harold S. Kushner

1st

2nd

Share this
Calendar to
inspire kindness
in others

Read a book
with a youngster
on 'Children's
Book Day'

3rd

4th

5th

6th

7th

8th

9th

Ask someone
about something
they've enjoyed
recently

Cook an extra
meal for someone
who'll appreciate it

Take a few
minutes to focus
on your breath,
repeat throughout
the day

Make someone
feel appreciated

Take some treats
into your local
emergency
services

Have a
screen-free day
and connect with
those around you

Savour and enjoy
every mouthful of
meals and treats,
including taste,
texture, smell...

10th

11th

12th

13th

14th

15th

16th

Really listen to
others, without
interrupting

Find a way to
support a cause
that's close to
your heart

Go for a soul
stroll in nature
and notice
everything
around you

Be there for
someone who's
having a bad day

Step outside
and look up, on
'Look up at
the Sky Day'

Support local
businesses as
much as possible

Do something
creative that
absorbs your
attention

17th

18th

19th

20th

21st

22nd

23rd

Compliment
everyone you
interact with

Message a friend
just to say hello
and that you're
thinking of them

Notice if
you're feeling
judgemental
and choose to
be kind instead

Don't be afraid
to reach out and
ask for help
if you need it

Enjoy a cuppa
with a friend on
'National Tea Day'

Stand barefoot
on the grass on
'Mother Earth Day'

Snuggle up with
a good book on
'World Book Night'

24th

25th

26th

27th

28th

29th

30th

Let go of
something you've
been holding onto

Check in with an
elderly neighbour
or relative

Keep moving
your body:
dance, walk,
exercise, stretch...

Be the first
to smile and
say hello

Do kindness acts
for 3 people and
ask them to do the
same on 'Pay it
Forward Day'

Dance around
the house on
'International
Dance Day'

Write down 3
things you LOVE
about yourself
& celebrate them

Download your free Kindness Calendar at maketodayhappy.co.uk ♥ Share your kindness experiences on [facebook.com/spreadingalittlekindness](https://www.facebook.com/spreadingalittlekindness)