



Kindness Calendar May 2023



Thank you
for your
kindness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1st	2nd	3rd	4th	5th	6th	7th
Share this calendar to inspire kindness in others	Tell someone why you love them	Notice if you overreact and pause to take a deep breath	Call an elderly relative/ neighbour for a chat and to check they're ok	Treat everyone with kindness today, including yourself	Buy local to support independent businesses	Spend time doing something you really love to do
8th	9th	10th	11th	12th	13th	14th
Notice and appreciate the strengths in those around you	Send a letter, card or message to someone you can't be with	Appreciate your food and all that it took for it to reach your plate	Do something to make someone's life a little easier	Help spread awareness on 'ME/CFS Awareness Day'	Give others your full attention without distractions	Be gentle with yourself, know you're doing the best you can
15th	16th	17th	18th	19th	20th	21st
Check in with a friend who's struggling 'Mental Health Awareness Week'	It's 'Wear Purple for Peace Day'	Take time to enjoy a drink, savouring the taste of every sip	Surprise loved ones with a phone call or visit 'Visit Your Relative's Day'	Take time to appreciate someone who does something you take for granted	Play a game you enjoyed playing when you were younger	Take a few deep breaths into your belly every so often 'World Meditation Day'
22nd	23rd	24th	25th	26th	27th	28th
Compliment others on what a great job they're doing	Notice if you're being judgemental and be kind instead	Go for a walk in nature and tune into your senses	Offer to help someone who needs it	Forgive someone you've been holding a grudge against	Donate pre-loved items to charity	Write down 3 things you're grateful for and why
29th	30th	31st	<p>"We can't heal the world today, but we can begin with a voice of compassion, a heart of love, an act of kindness." – Mary Davis</p>			
Find positive stories to share on social media	Show your plants some extra love 'Water a Flower' Day	Listen to a piece of music, without any distractions				

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