



# Kindness Calendar June 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><i>"Sometimes," said the mole, "the tiniest act of kindness can save a life." - Charlie Mackesy</i></p>			1st	2nd	3rd	4th
			Share this calendar to inspire kindness in others	Let someone go in front of you in traffic or a queue	Spend quality time with loved ones, without interruptions	Do something to take care of your lovely self
5th	6th	7th	8th	9th	10th	11th
Join "World Environment Day" to #Beat Plastic Pollution	Ask a friend or loved one to share 3 things they're grateful for	Look up to the sky and watch the clouds pass by	Make a splash! It's "World Ocean Day"	Help someone feel loved today	Find ways to enjoy the chores/tasks you have to do today	Do something creative that absorbs your attention
12th	13th	14th	15th	16th	17th	18th
Try to give others the benefit of the doubt	Ask someone how they are and really listen to their reply	Take 3 slow, deep breaths noticing how it makes you feel.... and repeat	Wear a contagious smile all day long "Smile Power Day"	Take a moment to thank a person who is always there for you	Take towels or blankets into an animal shelter	Eat out in the open, it's "International Picnic Day"
19th	20th	21st	22nd	23rd	24th	25th
Start a friendly conversation with someone new	Find a silver lining about a negative experience	Celebrate solstice by dancing to your favourite tunes on "World Music Day"	Treat everyone with kindness, including yourself!	Let go of any regrets or grudges on "Let It Go Day"	Try out a new healthy recipe	Go to bed an hour earlier & enjoy more sleep
26th	27th	28th	29th	30th	<p>★ Thank you for your kindness ★</p>	
Check in on a friend who's struggling	Pause and take a breath, before replying to others	Eat a meal mindfully, focusing on the taste and texture	Look for the good in someone who irritates you	Post and share positive posts "Social Media Day"		

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