

Kindness Calendar October 2023

1st

Share this calendar to inspire kindness in others

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2nd	3rd	4th	5th	6th	7th	8th
Look for opportunities to help others	Look at something you do regularly with fresh eyes	Spread the word, it's 'World Animal Day'	Thank a teacher in your life 'World Teachers Day'	Donate non-perishables a food bank	Spend time with someone who makes you smile	Be gentle with yourself, you're doing the best you can
9th	10th	11th	12th	13th	14th	15th
Thank your postal worker 'World Post Day'	Seek or give support 'World Mental Health Day'	Notice when you're busy and take regular breaks	Offer to help someone with a challenging project	Call someone instead of messaging	Be completely present with others	Do an activity that brings you joy
16th	17th	18th	19th	20th	21st	22nd
Tell others what a great job they're doing	Message someone to let them know you're thinking about them	Eat a meal mindfully, without any distractions (including devices!)	Say hello to someone new	Thank somebody special with a little gift they'll love	Give others the benefit of the doubt	Focus on all the good things you have in your life
23rd	24th	25th	26th	27th	28th	29th
Let someone go in front of you in traffic or a queue	Connect with someone who might be lonely	Wrap your arms around your beautiful self and give yourself a hug	Tell loved ones you love them	Check in with an elderly relative or neighbour	Bake Halloween treats to share	Be as kind to yourself as you are to your friends
30th	31st	<p>"You cannot do a kindness too soon, for you never know how soon it will be too late."</p> <p>- Ralph Waldo Emerson</p>				<p>Thank you for your kindness</p>
Notice the good in everyone you connect with today	Have a FANG-tastic Halloween! 🐱					

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