

Kindness Calendar November 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	Do a job a loved one doesn't like doing	Tell someone why you love them	Buy locally grown produce to support farmers	Take one step forward in something you really want to do
6th	7th	8th	9th	10th	11th	12th
Write and leave kind notes for others to find	Every hour, take 3 slow, deep breaths and notice how it makes you feel	Surprise someone with a small gift they'll love, on 'World Gift Day'	Ask others about something they've enjoyed recently	Gently encourage someone who needs it	Switch off the TV and enjoy a games night instead	Make time to have some FUN!
13th	14th	15th	16th	17th	18th	19th
	Wear odd socks to kick off 'Anti-Bullying Week'	Spend a few mins listening to the birds	Treat everyone you interact with as warmly as you would a friend, including yourself!	Notice when you're feeling stressed and try a stress-relieving activity	Follow the 3 R's of the environment: Reduce, Reuse, Recycle	Write down 3 self-care actions to do this week and plan to do them!
	20th	21st	22nd	23rd	24th	25th
If someone is annoying you, remember they are fighting a battle too	Greet 10 new people on 'World Hello Day'	Do a daily routine task mindfully eg brushing teeth, washing dishes	Give away something you no longer need or use	Turn 'Black Friday' into 'Kind Friday' 😊	Buy second hand whenever possible	Write down 10 things you're grateful for, big or small
27th	28th	29th	30th	"The kindness of a stranger is such a beautiful gift. So on World Kindness Day, let's give a stranger a lift. A smile, a compliment, let in front of you in a queue. It could make a big difference, and lift your spirits too. It may create a ripple, its impact reaching far. So on Monday 13th of November, be a kindness superstar." - words_by_helen		
Notice the good in everyone you connect with	Support your favourite cause "Giving Tuesday"	Appreciate your food and all that it took for it to reach your plate	Call someone you've been meaning to catch up with			

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