

Kindness Calendar March 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
"A single act of kindness throws out roots in all directions, and the roots spring up and make new trees." - Amelia Earhart		1 Share this calendar to inspire kindness in others	2 Put out seeds for the birds	3 Cheer someone up on 'I Want You To Be Happy Day'	4 Add more items to your food donation box	5 Spend quality time with someone who makes you laugh
6 Buy and leave snacks in a vending machine for others to find	7 Say hello to everyone with a big smile	8 Celebrate the amazing women in your life on 'International Women's Day'	9 Put a friendly note in a book and leave for someone to find	10 Knock! Knock! Tell silly jokes all day long	11 Have a phone-free day	12 Get green fingers on 'Plant a Flower Day'
13 Let a car go in front of you in traffic	14 Compliment everyone you meet today	15 Get in touch with an old friend	16 Make more time for play on 'Absolutely Incredible Kids Day'	17 Switch off your lights from 8.30-9.30pm for Earth Hour	18 Donate pre-loved items from your spring clean to charity	19 Dance around the house to your favourite happy music
20 Spend time in nature to welcome the new season	21 Pick up litter around your neighbourhood	22 Call or visit someone who is lonely or sick	23 Share positive posts on social media	24 Pop a surprise card or package in the post to a friend	25 Invite a neighbour round for a cuppa + chat	26 Spend time doing something YOU love to do
27 Put all your loose change in a charity box	28 Pop a lovely note inside a loved-one's bag to surprise them	29 Strike up a conversation with a stranger	30 Go for a lunchtime stroll on 'Take a Walk in the Park Day'	31 Pay for someone's travel fare	<p>Thank you for your kindness</p> <p>☆ ♥ ☆</p>	

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