Kindness Calendar May 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	58
	1	2	3	4	5	6	ne
Thank you for your kindness	Share this Calendar to inspire kindness in others	Go for a walk in nature	Forgíve someone you've been holdíng a grudge against	Pay for a friend, colleague or starnger's coffee	Offer to babysit or pet-sit for someone who needs a night out	It's 'Screen-Free Week' so unplug and play, create, explore, dream	ingalittlekind
チ	8	.9	10	11	12	13	ad
Check in with a friend during 'Mental Health Awareness Week'	Be extra kind to someone you find challenging	Spend a few minutes listening to the birds	Call a fríend to ask about théir day	Píck up plastíc, cans and lítter to join 'The Great Plastíc Píck up'	Help spread awareness on 'ME/CFS Awareness Day' #millionsmissing	Do things that make you laugh out loud on 'World Laughter Day'	ok.com/spre
14	15	16	17	18	19	20	200
Let a car go in front of you	Think, speak and act positive all day long	'Wear Purple for Peace Day'	Say YES to everything today! (within reason of course!)	Surprise a loved one on 'Visit Your Relatives Day'	Start or add items to your Food Bank Donation Box	Take yourself out on a date: for a coffee, to the cinema or a museum	ces on face
21	22	23	24	2 <i>5</i>	26	27	je,
Genuinely smile at everyone you see	Take time to appreciate someone who does something you take for granted	Gíve others your full attention	Tell someone why you love them	Sing your heart out on 'Sing Out Day'	Compliment everyone you interact with	Treat yourself to something nice	dness exper
28	29	30	31	"The coods of bindness may plant			7.7
Say hello to someone new	Give a heartfelt hug to someone who needs it	Show some love to your blooms on 'Water a Flower Day'	Offer to help someone	today will bloom in the hearts of those you touch." - author unknown			
	Thank you for your kindness F Check in with a friend during 'Mental Health Awareness Week' 14 Let a car go in front of you 21 Genuinely smile at everyone you see 28 Say hello to	Thank you for your kindness Calendar to inspire kindness in others For your kind a Be extra kind to someone you find challenging 14 15 Let a car go in front of you Calendar to inspire kindness in others Think, speak and act positive all day long Think, speak and act positive all day long Take time to appreciate someone who does something you take for granted 28 Say hello to someone Someone new	Thank you for your kindness For your kindness False extra kind to someone you find challenging Let a car go in front of you 21 Cenuinely smile at everyone you see Say hello to someone with neads a for granted Share this Calendar to in part of you find challenging Be extra kind to someone you find challenging Think, speak and act positive all day long Take time to appreciate someone who does something you take for granted Show some love to your blooms on 'Water a	Thank you for your kindness in others Forgive someone you've been holding a grudge against Check in with a friend to someone you find challenging to the birds Think, speak and act positive all day long Take time to appreciate someone who does something you take for granted Take time to appreciate someone who does something you take for granted Say hello to someone who need it hug to someone who help someone	Thank you for your kindness in others Forgive someone you've been holding a grudge against Forgive someone holding a grudge someone holding a grudge against Forgive someone holding ag	Thank you for your kindness in others Share this Calendar to inspire kindness in others Pay for a friend, colleague or starnger's coffee in spire kindness in others Pay for a friend, colleague or starnger's coffee for someone you've been holding a grudge against Pay for a friend, colleague or starnger's coffee for someone who meeds a night out Pay for a friend, colleague or starnger's coffee for someone who colleague or starnger's coffee for someone who meeds a night out Pay for a friend, colleague or starnger's coffee for production and colleague or starnger's coffee for someone who meeds a night out Pay for a friend, colleague or starnger's coffee for someone who meeds a night out Pay for a friend, colleague or starnger's coffee for production and colleague or starnger's coffee for someone who meeds a night out 11 12 Call a friend to ask about their day Find up plastic, cans and litter to join 'The Great Plastic Pick up' #millionsmissing' Help spread awareness on 'ME/OFS Wear Purple for Peace Day' Today! Wear Purple for Peace Day' Tod	Thank you for your kindness in others Calendar to inspire kindness in others Frequency in others The seeds of kindness in others Share this Calendar to inspire kindness in others Frequency in nature in nature in ocleague or starnger's coffee in ocleague or starnger's coffee in nature ocleague or starnger's coffee ocleague or star

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