

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Kindness Calendar September 2019						1st
						Share this calendar to inspire kindness in others
2nd	3rd	4th	5th	6th	7th	8th
Let someone go in front of you	Feed the ducks in your local park	If you notice you're rushing, make an effort to slow down	Do whatever you can on 'International Day of Charity'	Curl up with a good book on 'Read a Book Day'	Switch off all screens and have a tech-free day	Buy yourself some colourful flowers
9th	10th	11th	12th	13th	14th	15th
Smile at a stranger or two	Put a problem into perspective and try to see the bigger picture	Go for a soothing stroll in nature	Call a family member just to say hello	Radiate positivity on 'Positive Thinking Day'	Give loved ones your full attention	Make a fun playlist and have your own dance party
16th	17th	18th	19th	20th	21st	22nd
Tell someone what a great job they're doing	Invite a friend round for dinner	Brush your teeth mindfully	Be gently encouraging to someone who needs it	Pay for a stranger's coffee	Write down 3 things you're grateful for on 'World Gratitude Day'	Leave the car at home on 'World Car Free Day'
23rd	24th	25th	26th	27th	28th	29th
Give away genuine compliments all day long	Forgive someone and then let it go	Be extra patient with any challenges you face today	Send an appreciative text to someone	Bring in yummy treats for your co-workers	Help a neighbour in need on 'Good Neighbour Day'	Enjoy a no-plans day!
30th	<p>"Sometimes it takes only one act of kindness and caring to change a person's life." ~ Jackie Chan</p>					Thank you for your kindness
Ask someone how they are and really listen to their reply						