

Kindness Calendar October 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6
Thank you for your kindness	Share this calendar to inspire kindness in others	Look at something you do regularly with fresh eyes	Call someone instead of messaging	"Do an act of kindness. Help one person SMILE!" ... it's 'World Smile Day' 😊	Start, or add-to, a food bank donation box	Take yourself out on a date: for a solo coffee, stroll or movie
7	8	9	10	11	12	13
Enjoy a long soak in a candle-lit bath on 'Bathtub Day'	Offer to help someone with a difficult project	Write and send a handwritten letter to celebrate 'World Post Day'	Have "Tea & Talk" with friends, it's 'World Mental Health Day'	Give a lottery ticket to the person who serves you	Spend time with someone who might be lonely	Do an activity that brings you joy
14	15	16	17	18	19	20
Smile and say hello to someone as you're passing	Put up positive messages in public places for others to enjoy	Be extra mindful of wasting natural resources	Text someone to let them know you're thinking about them	Show your gratitude to somebody special with a gift they'll love	Arrange to spend time with someone who makes you smile	Treat yourself to your favourite food
21	22	23	24	25	26	27
Be generous with compliments	Send a card to someone going through a tough time	Eat a meal mindfully, focussing on the flavours + texture	Tell loved ones you love them and why	Pay for the order behind you, a coffee, their lunch, or even their shopping!	Be gentle with yourself, you're doing the best you can	Volunteer your time on 'Make a difference Day'
28	29	30	31	<p>"Where there is kindness there is goodness, where there is goodness there is magic." - Cinderella</p>		
Be extra courteous in traffic/on your commute to work	Share positive posts on social media	Take baked Halloween treats into a local care home	Have a FANG-tastic Halloween! 🦋			