

Kindness Calendar January 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>"Do one act of kindness each day of the year and change 365 lives." ~ Anthony Douglas Williams</p>		1st	2nd	3rd	4th	5th
		Share this calendar to inspire kindness in others	Write down 3 things you're grateful for every day in a Gratitude Journal	Give a homeless person a warm scarf, gloves, socks, or blanket	Make some time to do something indulgent	Feed the birds on 'Bird Day'
6th	7th	8th	9th	10th	11th	12th
Smile at everyone you see	Tell someone you're proud of them and why	Have a long soak in the bath with candles and relaxing music	Offer to help someone who needs it	Spend quality time with your loved ones, without interruptions	Do something nice for someone, without them knowing it's you	Have a 'switch-off Sunday' by turning off all electronic devices
13th	14th	15th	16th	17th	18th	19th
Be generous with compliments all day long	Call a friend to ask about their day	Eat a meal mindfully, focussing on all your senses	Tell silly jokes to make others laugh	Tip your server a little extra	Have a teddy bear's picnic on 'Winnie The Pooh Day'	Stay in your pyjamas and read a good book
20th	21st	22nd	23rd	24th	25th	26th
Today's known as Blue Monday, so spread good cheer all day long	Hip hip hooray, it's 'National Hugging Day'	Remember to pause and take a few deep breaths	Write someone a letter on 'Handwriting Day'	Get chuckling, it's 'Belly Laugh Day'	Play a game instead of watching TV	Be gentle with yourself, you're doing the best you can
27th	28th	29th	30th	31st	<p>★ Thank you for your kindness ★</p> <p>Download your free Kindness Calendar at www.maketodayhappy.co.uk. Share your kindness stories and experiences on facebook.com/spreadingalittlekindness</p>	
Let someone go in front of you in a queue	Turn off lights when not in use	Brush your teeth mindfully, focusing on all sensations	Pick up litter around your neighbourhood	Take treats into work or school		