

# Kindness Calendar August 2020

1st

Share this  
Calendar to  
inspire kindness  
in others

2nd
Give yourself a long, nourishing hug

MONDAY
3rd

TUESDAY  
4th

WEDNESDAY
5th

THURSDAY
6th

FRIDAY
7th

SATURDAY
8th

SUNDAY
9th

Radiate  
positivity,  
all day long

When someone is speaking, take a full breath before you reply

Watch  
the sunrise  
or sunset

Call an elderly relative or neighbour to check they're ok

Have a  
dance party  
- online with friends,  
in your home  
with loved ones,  
or make it solo!

Celebrate all things happy on 'Happiness Happens Day'

Be extra kind  
and gentle with  
yourself, you're  
doing great

10th

Do 3 things  
that bring joy  
to others today

11th

When things  
get tough,  
go for a walk to  
clear your head

12th

Pause. Take a deep breath. Then take a few more.

13th

Tell someone  
what a great job  
they're doing

14th

Buy local to support local businesses

15th

Do something  
that makes  
your soul sing

16th

Go joke crazy,  
It's 'Tell  
A Joke Day'

17th

Say thank you  
to someone who's  
made a difference  
in your life

18th
Cook extra and share with a neighbour

19th
Get outside and notice 3 things that are beautiful

20th
Send a postcard to someone who needs cheering up

21st
Donate unwanted books to a charity shop or local library

22rd

Move your body  
in whatever  
way feels good

23rd
Take 10 mins of self care, just for you

24th

Text, DM  
or email a  
compliment  
to 3 people

25th

Take a small step towards an important goal

26th
Go outside and listen to the birds

27th

Don't be afraid  
to reach out  
and ask for help  
if you need it

28th

Do something nice for someone without them knowing it's you

29th

Keep mealtimes  
mobile phone free

	30th
	Do something that makes you laugh out loud

31st

Let go of something you've been holding onto

"If you want it, **DO IT.**"

have the po  
The world

wer to make  
needs mor

re someone  
e of that."

~ happy,  
~ unknown

Thank you  
for your  
kindness

Download your free

"If you have the power to make someone happy,  
DO IT. The world needs more of that." ~ unknown

Thank you  
for your  
kindness

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