

# Kindness Calendar September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>♥ Thank you ♥ for your kindness</p>		1st	2nd	3rd	4th	5th
		Share this calendar to inspire kindness in others	Ask someone how they are and really listen to their reply	Make a fun playlist and have your own dance party	Support endangered animals on 'Wildlife Day'	Donate time, money or pre-loved items on 'Day of Charity'
6th	7th	8th	9th	10th	11th	12th
Curl up with a good book on 'Read a Book Day'	Give away genuine compliments all day long	Go for a soothing stroll in nature	Look for opportunities to brighten someone's day	Buy local to support local businesses	Be extra patient with any challenges you face today	Buy yourself some colourful flowers
13th	14th	15th	16th	17th	18th	19th
Radiate positivity on 'Positive Thinking Day'	Put a problem into perspective and try to see the bigger picture	If you notice you're rushing, make an effort to slow down	Smile at everyone you come across today	Try out a new healthy recipe	Help rid our beaches (or parks) of litter on 'Coastal Cleanup Day'	Be gentle with yourself, you're doing the best you can
20th	21st	22nd	23rd	24th	25th	26th
Let someone go in front of you in traffic/ in a queue	Write down 3 things you're grateful, on 'Gratitude Day'	Walk, cycle or use public transport on 'Car Free Day'	Call a family member just to say hello	Be gently encouraging to someone who needs it	Take a step to make your dream a reality on 'Dreams Day'	Enjoy a no-plans day and just go with the flow!
27th	28th	29th	30th	<p>♥ Spreading a little kindness Makes the world a better place It creates a ripple out into the world An endless echo in time and space</p> <p>words by helen</p>		
Make someone feel loved today	Help a neighbour in need on 'Good Neighbour Day'	Look after the health of your heart on 'Heart Day'	Forgive someone and then let it go			

Download your free Kindness Calendar at [www.maketodayhappy.co.uk](http://www.maketodayhappy.co.uk) Share your kindness stories and experiences on [facebook.com/spreadingalittlekindness](https://facebook.com/spreadingalittlekindness)