



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>★ Thank you ★ for your kindness <small>#KindnessCalendar</small></p>		<p>Share this calendar to inspire kindness in others</p>	<p>Make someone laugh</p>	<p>Spend time with loved ones</p>	<p>Give your post- man/woman a treat on 'Thank a Mail Carrier Day'</p>	<p>Take yourself out on a 'date'</p>
<p>Give gentle encouragement to someone who needs it</p>	<p>Let your friends know you care on 'Send a Card to a Friend Day'</p>	<p>Buy a few extra items to start your 2017 Food Bank donation box</p>	<p>Think, speak and act positive to yourself and to others</p>	<p>Hug someone who's having a bad day</p>	<p>Donate pre-loved clothes to charity</p>	<p>Treat yourself to something nice <small>♡ RAOK Week ♡</small></p>
<p>Get together with your best gal pals on 'Galentine's Day'</p>	<p>Show some love to yourself and others on 'Valentine's Day'</p>	<p>Hide positive messages for strangers to find</p>	<p>Send a postcard, or 2, to someone on postcardhappiness.com</p>	<p>★ Go kindness CRAZY ★ on 'Random Act of Kindness Day'</p>	<p>Give a genuine compliment to 10 people</p>	<p>Go for a gentle soul stroll in nature</p>
<p>♡ ♡ Random Act of Kindness Week 12th-18th Feb ♡ ♡</p>		<p>♡ ♡ Random Act of Kindness Week 12th-18th Feb ♡ ♡</p>				
<p>Show your pet some extra love on 'Love Your Pet Day'</p>	<p>Say thank you with your biggest smile</p>	<p>Volunteer at an animal shelter for 'Walk The Dog Day'</p>	<p>Say sorry to someone you need to</p>	<p>Wear a pink shirt for 'STAND UP to Bullying Day'</p>	<p>Decide to just be happy today, no matter what</p>	<p>Safely watch the rare and extraordinary Solar Eclipse</p>
<p>Offer to help someone who doesn't like to ask for help</p>	<p>Be present for others</p>					

Kindness Calendar - February 2017

"Love and kindness are never wasted. They always make a difference.
They bless the one who receives them, and they bless you, the giver." - Barbara De Angelis

Download your free Kindness Calendar at www.maketodayhappy.co.uk

Share your kindness stories and experiences at www.facebook.com/spreadingalittlekindness