

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
☆ Thank you ☆ for your kindness #KindnessCalendar		1 Share this calendar to inspire kindness in others	2 Make someone laugh	3 Spend time with loved ones	4 Give your post-man/woman a treat on 'Thank a Mail Carrier Day'	5 Take yourself out on a 'date'
6 Give gentle encouragement to someone who needs it	7 Let your friends know you care on 'Send a Card to a Friend Day'	8 Buy a few extra items to start your 2017 Food Bank donation box	9 Think, speak and act positive to yourself and to others	10 Hug someone who's having a bad day	11 Donate pre-loved clothes to charity	12 Treat yourself to something nice ♡ RAOK Week ♡
13 Get together with your best gal pals on 'Galentine's Day'	14 Show some love to yourself and others on 'Valentine's Day'	15 Hide positive messages for strangers to find	16 Send a postcard, or 2, to someone on postcardhappiness.com	17 ★ Go kindness CRAZY★ on 'Random Act of Kindness Day'	18 Give a genuine compliment to 10 people	19 Go for a gentle soul stroll in nature
♡♡ Random Act of Kindness Week 12th-18th Feb ♡♡			♡♡ Random Act of Kindness Week 12th-18th Feb ♡♡			
20 Show your pet some extra love on 'Love Your Pet Day'	21 Say thank you with your biggest smile	22 Volunteer at an animal shelter for 'Walk The Dog Day'	23 Say sorry to someone you need to	24 Wear a pink shirt for 'STAND UP to Bullying Day'	25 Decide to just be happy today, no matter what	26 Safely watch the rare and extraordinary Solar Eclipse
27 Offer to help someone who doesn't like to ask for help	28 Be present for others	<h2 style="text-align: center;">Kindness Calendar - February 2017</h2> <p style="text-align: center;">"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</p> <p style="text-align: center;">Download your free Kindness Calendar at www.maketodayhappy.co.uk</p> <p style="text-align: center;">Share your kindness stories and experiences at www.facebook.com/spreadingalittlekindness</p>				