

Kindness Calendar April 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>"Kindness is not an act, it's a lifestyle." - Anthony Douglas Williams</p> <p>☆ Thank you for your kindness ☆</p>					1	2
					Share this calendar to inspire kindness in others	Donate a book to charity on Int.Children's Book Day
3	4	5	6	7	8	9
Hold the door open for a few extra people	Do something that makes you laugh out loud	Smile and say hello to others as you pass	Do the dishes, even if they're not yours!	Help raise awareness of depression, the theme of 2017's World Health Day	Listen attentively	Buy yourself some flowers
10	11	12	13	14	15	16
Be extra kind to your sibling/s on Siblings Day	Hide positive messages for others to find	Take 10 mins to quieten your mind by focusing on your breath	Text someone just to say hello	Ask if anyone needs anything from the shops	Take some Easter treats to your local emergency services	Have an eggs-ceptional Easter Sunday
17	18	19	20	21	22	23
Tell someone what a great job they're doing	Surprise a friend with a compliment	Eat a meal in silence & savour every mouthful	Leave happy notes on car windscreens	Leave a book in a public place for a stranger to find	Stand barefoot on the grass on Int. Mother Earth Day	Share your love of reading with others on World Book Night
24	25	26	27	28	29	30
Take a 10 minute break just for you	Pay for someone behind you - a coffee, a lunch, a few groceries	Give someone a looooooong heartfelt hug	Tell a story day	Do kindness acts for 3 people and ask them to Pay It Forward	Dance around the house like no-one's watching on Int. Dance Day	Write down all the things you LOVE about yourself and celebrate them