

Kindness Calendar MAY 2017

Thank you for your kindness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
Share this calendar to inspire kindness in others	It's 'Screen-Free week' so unplug and play, create, daydream, explore and connect	Be extra kind to someone you find challenging	Tell someone why you love them	Say YES to everything today!	Start or add a few more items to your Food Bank Donation Box	Do things that make you laugh out loud on 'World Laughter Day'
8	9	10	11	12	13	14
Check in with a friend during 'Mental Health Awareness Week'	Smile at everyone you see	Pay for someone's coffee	Spend a few minutes listening to the birds	Celebrate 'Nurse's Day' by taking treats in to your local hospital	Offer to help someone who needs it	Spend quality time with your mum
15	16	17	18	19	20	21
Share positive posts on your social media pages	'Wear Purple for Peace Day'	Write positive messages on post-its and leave for people to find	Surprise someone with a visit on 'Visit Your Relatives Day'	Give others your full attention	Drop a few essential groceries at a neighbour in need's house	Treat yourself to something nice
22	23	24	25	26	27	28
Say hello to someone new	Forgive someone you've been holding a grudge against	Call a friend to ask about their day	Sing your heart out on 'Sing Out Day'	Think, speak and act positive all day long	Offer to babysit or pet-sit for someone who needs a night out	Go for a walk in nature
29	30	31	<p>"Kind hearts are the gardens. Kind thoughts are the roots. Kind words are the blossoms. Kind deeds are the fruits." - Sant Kirpal Singh</p>			
Let a car go in front of you	Give a heartfelt hug to someone who needs it	Take time to appreciate someone who does something you take for granted				