

Kindness Calendar September 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>“Share your good with others. Kindness, love and appreciation are the greatest gifts you can give.” - Louise Hay</p>				1	2	3
				Share this calendar to inspire kindness in others	Give loved ones your full attention	Dance around the house to your favourite happy music
4	5	6	7	8	9	10
Send an appreciative text to someone	Brush your teeth mindfully	Be extra patient with today's challenges	Donate time, money or pre-loved items on 'International Day of Charity'	Curl up with a good book on 'Read a Book Day'	Feed the ducks in your local park	Switch off and have a tech-free day
11	12	13	14	15	16	17
Let a car go in front of you in traffic	Be gently encouraging to someone who needs it	Pay attention to your thoughts on 'Positive Thinking Day'	Call a family member just to say hello	Pay for a stranger's coffee	Pick up litter or join 'International Coastal Clean-up Day'	Go for a soothing stroll in nature
18	19	20	21	22	23	24
Bring in yummy treats for your co-workers	Give away genuine compliments all day long	Invite a friend round for dinner	Write a gratitude list on 'World Gratitude Day'	Walk, cycle or use public transport on 'World Car Free Day'	Make eye contact with others <small>eyecontactexperiment.com</small>	Buy yourself some colourful flowers
25	26	27	28	29	30	<p>☆ Thank you for your kindness ☆</p>
Smile at a stranger or two	Forgive someone and then let it go	Tell someone's boss what a great job they're doing	Help an elderly neighbour on 'Good Neighbour Day'	Join the 'World's Biggest Coffee Morning' <small>coffee.maenillan.org.uk</small>	Hug someone for a little bit longer and a little bit tighter	

