

Kindness Calendar November 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>"Kind words can be short and easy to speak, but their echoes are truly endless." - Mother Teresa</p>		1	2	3	4	5
		Share this calendar to inspire kindness in others	Say hello to everyone with a big smile	Give away something you no longer need or use	Really listen to someone, with no distractions or interruptions	Take one step forward in something you really want to do
6	7	8	9	10	11	12
Encourage someone who needs it	Have a game night instead of watching the telly	Surprise someone with a gift on 'World Gift Day'	Call a friend to ask about their day	Buy a reusable coffee cup for those takeaway coffees	Invite a neighbour round for a cuppa + chat	Write down all the things that have made you smile this week
	14	15	16	17	18	19
	Write a short note of appreciation to someone	Go for a walk in the park and tune into your senses	Contact someone you haven't spoken to in a while	Share quotes on social media to celebrate 'World Peace Day'	Stop, listen and appreciate any street performers you pass today	Buy yourself a big bunch of your favourite flowers
	20	21	22	23	24	25
Send a postcard to someone who needs cheering up	Feed the birds	Say hello to 10 new people on 'World Hello Day'	Write a list of all that you're grateful for	Do your favourite Random Act of Kindness on 'RAK Day'	Follow the three R's of the environment: reduce, reuse, recycle	Write down three self-care actions and plan to do them
27	28	29	30	<p>☆ Thank you for your kindness ☆</p> <p>Download your free Kindness Calendar at www.maketodayhappy.co.uk Share your kindness stories and experiences on facebook.com/spreadingalittlekindness</p>		
Hug someone who's having a bad day	Get cosy by changing into your pyjamas as soon as you get home	Enjoy a meal without looking at your phone	Write and leave notes for loved ones to find			