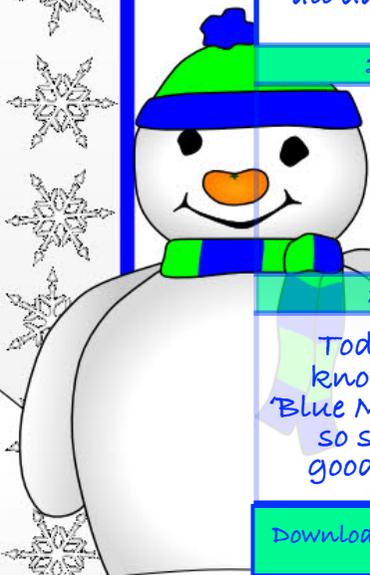


Kindness Calendar January 2018

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	Start a Gratitude Journal	Post happy photos on social media	Give a homeless person a warm scarf, gloves, socks, or blanket	Feed the birds on 'Bird Day'	Offer to help someone who needs it	Have a 'Switch off Sunday' by turning off all electronic devices
8	9	10	11	12	13	14
Tell silly jokes to make others laugh	Turn off lights when not in use	Call a friend to ask about their day	Tell someone you're proud of them and why	Tip your server a little extra	Let someone in front of you in a queue	Stay in your pyjamas and read a good book
15	16	17	18	19	20	21
Be generous with compliments all day long	Donate pre-loved books to charity	Give others your full attention without any distractions	Play Poohsticks on 'Winnie The Pooh Day'	Pay for a stranger's coffee	Pick up litter around your neighbourhood	Hip hip hooray, it's 'National Hugging Day'
22	23	24	25	26	27	28
Smile at everyone you see	Write someone a letter on 'Handwriting Day'	Do something that makes you chuckle: it's 'Belly Laugh Day'	Play a game instead of watching TV	Do something special for your partner on 'Spouse's Day'	Say hello to someone new	Have a long soak in the bath with candles and relaxing music
29	30	31	<p>"The best way to cheer yourself up is to try to cheer somebody else up." - Mark Twain</p>			
Today is known as 'Blue Monday', so spread good cheer	Be gentle with yourself, you're doing the best you can	Take treats into work or school				



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