

Kindness Calendar February 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>"Hearts that beat to the tune of kindness can change the rhythm of the world." -C.J Peterson</p>			1	2	3	4
			<p>Share this calendar to inspire kindness in others</p>	<p>Be the first to smile and say hello</p>	<p>Buy a few extra items to give to a food donation bank</p>	<p>Go for a gentle soul stroll in nature</p>
5	6	7	8	9	10	11
<p>Hug someone who's having a bad day</p>	<p>Give a genuine compliment to 10 people</p>	<p>Let your friends know you care on 'Send a Card to a Friend Day'</p>	<p>Say sorry to someone you need to</p>	<p>Buy a coffee for the next person in the queue</p>	<p>Spend time with loved ones</p>	<p>Treat yourself to something nice</p>
12	13	14	15	16	17	18
<p>Offer to help someone who doesn't like to ask for help</p>	<p>Get together with your best gal pals on 'Galentine's Day'</p>	<p>Show some love to yourself and others on 'Valentine's Day'</p>	<p>Donate pre-loved clothes to charity</p>	<p>Hide positive messages for strangers to find</p>	<p>Spread the word! It's 'Random Acts of Kindness Day'</p>	<p>Be gentle with yourself, you're doing the best you can</p>
<p>♥♥ Random Acts of Kindness Week 11th-17th Feb ♥♥ Random Acts of Kindness Week 11th-17th Feb ♥♥</p>						
19	20	21	22	23	24	25
<p>Give gentle encouragement to someone who needs it</p>	<p>Spend quality time with your pet on 'Love Your Pet Day'</p>	<p>Think, speak and act positive to yourself and to others</p>	<p>Volunteer at an animal shelter for 'Walk The Dog Day'</p>	<p>Check in on an elderly neighbour</p>	<p>Wear a pink shirt for 'STAND UP to Bullying Day'</p>	<p>Take yourself out on a 'date'</p>
26	27	28	<p>☆ Thank you for your kindness ☆</p> <p>Download your free Kindness Calendar at www.maketodayhappy.co.uk Share your kindness stories & experiences at www.facebook.com/spreadingalittlekindness</p>			
<p>Say thank you with your biggest smile</p>	<p>Smile and be positive, no matter what today throws at you</p>	<p>Make someone laugh</p>				