



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1

Happy Easter!
Share this
calendar to inspire
kindness in others

Kindness Calendar April 2018

2

Read a book to a youngster on 'Children's Book Day'

3

Leave happy notes on car windcreens

4

Eat a meal mindfully, tasting each mouthful

5

Text a friend just to say hello

6

Ditch the car, it's 'Walk to Work Day'

7

Give someone the gift of your time today

8

Write down 3 things you LOVE about yourself and celebrate them

9

Smile and say hello to others as you pass

10

Spend time with your sibling/s on 'Siblings Day'

11

Listen attentively to others

12

Give someone a heartfelt hug

13

Pay for someone's coffee, lunch, or groceries

14

Step outside, take a deep breath and look up, on 'Look up the Sky Day'

15

Do something that makes you laugh out loud

16

Hold the door open for a few extra people

17

Hide positive messages for others to find

18

Take a 10 minute break just for you

19

Ask others if you can get them anything from the shops

20

Take some treats into your local emergency services

21

Invite a neighbour round for a cuppa on 'National Tea Day'

22

Stand barefoot on the grass on Mother Earth Day

23

Share your favourite books with others on World Book Night

24

Surprise a friend with a compliment

25

Take 10 mins to focus on your breath to quieten your mind

26

Send a card to someone going through a tough time

27

Do kindness acts for 3 people and ask them to 'Pay It Forward'

28

Dance around the house on 'International Dance Day'

29

Take a little step towards making a dream come true

30

Tell others what a great job they're doing

"A little spark of kindness can put a colossal burst of sunshine into someone's day." - unknown

☆ Thank you ☆
for your kindness

