

Kindness Calendar May 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6
Thank you for your kindness	Share this calendar to inspire kindness in others	Go for a walk in nature	Forgive someone you've been holding a grudge against	Pay for a friend, colleague or stranger's coffee	Offer to babysit or pet-sit for someone who needs a night out	It's 'Screen-Free Week' so unplug and play, create, explore, dream...
7	8	9	10	11	12	13
Check in with a friend during 'Mental Health Awareness Week'	Be extra kind to someone you find challenging	Spend a few minutes listening to the birds	Call a friend to ask about their day	Pick up plastic, cans and litter to join 'The Great Plastic Pick Up'	Help spread awareness on 'ME/CFS Awareness Day' #millionsmissing	Do things that make you laugh out loud on 'World Laughter Day'
14	15	16	17	18	19	20
Let a car go in front of you	Think, speak and act positive all day long	'Wear Purple for Peace Day'	Say YES to everything today! <small>(within reason of course!)</small>	Surprise a loved one on 'Visit Your Relatives Day'	Start or add items to your Food Bank Donation Box	Take yourself out on a date: for a coffee, to the cinema or a museum...
21	22	23	24	25	26	27
Genuinely smile at everyone you see	Take time to appreciate someone who does something you take for granted	Give others your full attention	Tell someone why you love them	Sing your heart out on 'Sing Out Day'	Compliment everyone you interact with	Treat yourself to something nice
28	29	30	31	"The seeds of kindness you plant today will bloom in the hearts of those you touch." - author unknown		
Say hello to someone new	Give a heartfelt hug to someone who needs it	Show some love to your blooms on 'Water a Flower Day'	Offer to help someone			

Download your free Kindness Calendar at maketodayhappy.co.uk

Share your kindness experiences on [facebook.com/spreadinglittlekindness](https://www.facebook.com/spreadinglittlekindness)