

Kindness Calendar June 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><i>"There is no wrong way to perform an act of kindness." - Catherine Ryan Hyde</i></p>				1	2	3
				Share this calendar to inspire kindness in others	Say a cheerful "hello" to everyone you meet today	Be gentle with yourself, you're doing the best you can
4	5	6	7	8	9	10
Compliment everyone you interact with today	Do one extra thing to care for our beautiful planet #WorldEnvironmentDay	Pause regularly throughout today and take a long slow deep breath	Start a friendly chat with a stranger	Make an extra meal for someone who'd really appreciate it	Spend quality time with your loved ones, without interruptions	Go to bed an hour earlier and enjoy a longer night's sleep
11	12	13	14	15	16	17
Whip up a delish veggie dish #MeatFreeDay	Look for the good in someone who irritates you	Look up for 10 minutes and enjoy cloud watching	Buy a coffee for the next person in the queue	Let everyone see your pearly whites #SmilePowerDay	Add to or start a food donation box	Do something creative that completely absorbs your attention
18	19	20	21	22	23	24
Eat your lunch in the park #InternationalPicnicDay	Tell others what a great job they're doing	Donate any pre-loved books to charity	Dance around the house to your favourite tunes #MusicDay	Take sweet treats into work/GP surgery/care home	Forgive forgive forgive #LetItGoDay	Enjoy a 'no plans' day, just go with the flow
25	26	27	28	29	30	
Be extra supportive to your colleagues	Go a different way today and notice everything you see	Eat a meal mindfully, focusing on the taste and texture	Be extra friendly to those who work in your local cafe/shop	Offer long hugs to loved ones #HappyHeartHugsDay	Post positive posts only #SocialMediaDay	Thank you for your kindness

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