

Kindness Calendar August 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>"Speak to children as if they are the wisest, kindest, most beautiful and magical humans on earth, for what they believe is what they will become." - Brooke Hampton</p>		1	2	3	4	5
		<p>Share this Calendar to inspire kindness in others</p>	<p>Give out free hugs all day long</p>	<p>Buy a lottery ticket for the person who serves you</p>	<p>Put all your loose change in a charity box</p>	<p>Set aside some quality time to be by yourself</p>
6	7	8	9	10	11	12
<p>Let others out in traffic, with a smile 😊</p>	<p>Connect with a friend on 'International Friendship Day'</p>	<p>Smile and spread Happiness on #Happiness HappensDay</p>	<p>Make some time to read on 'Book Lovers Day'</p>	<p>Be extra kind to someone you find challenging</p>	<p>Donate unwanted books to a charity shop or local library</p>	<p>Walk around your area and appreciate the gardens</p>
13	14	15	16	17	18	19
<p>Smile and say hello to everyone you see today</p>	<p>Say thank you to someone who's made a difference in your life</p>	<p>Pause. Take a deep breath Take a few more...</p>	<p>Knock Knock! Who's There? It's Tell A Joke Day 😄</p>	<p>Pick up litter around your neighbourhood or workplace</p>	<p>Make a home cooked meal for someone who'd appreciate it</p>	<p>Treat yourself to your favourite food, yum yum</p>
20	21	22	23	24	25	26
<p>Radiate positivity, all day long</p>	<p>Help someone carry their bags</p>	<p>Keep mealtimes device/mobile phone free</p>	<p>Put a surprise note in a loved one's bag or pocket</p>	<p>Send a postcard to someone who needs cheering up</p>	<p>Ask someone: 'How can I help you?'</p>	<p>Be extra kind and gentle with yourself</p>
27	28	29	30	31	<p>☆ Thank you for your kindness ☆</p> <p>Download your free Kindness Calendar at www.maketodayhappy.co.uk</p> <p>Share your kindness stories and experiences on facebook.com/spreadingalittlekindness</p>	
<p>Message a compliment to three people... right now!</p>	<p>Tell someone what a great job they're doing</p>	<p>Make time to listen to the birds</p>	<p>Put a positive sticky note on a public bathroom mirror</p>	<p>Learn the names of people you interact with daily - barista, cafe, local shop...</p>		