

# Kindness Calendar September 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>"Tenderness and kindness are not signs of weakness and despair, but manifestations of strength and resolution." - Kahlil Gibran</b></p>				<p>Thank you ☆ for your ☆ kindness</p>	<p>1</p> <p>Share this calendar to inspire kindness in others</p>	<p>2</p> <p>Go for a soothing stroll in nature</p>
3	4	5	6	7	8	9
<p>Let a car go in front of you in traffic</p>	<p>Smile at a stranger or two</p>	<p>Invite a friend round for dinner</p>	<p>Be gently encouraging to someone who needs it</p>	<p>Donate time, money or pre-loved items on 'International Day of Charity'</p>	<p>Curl up with a good book on 'Read a Book Day'</p>	<p>Buy yourself some colourful flowers</p>
10	11	12	13	14	15	16
<p>Give away genuine compliments all day long</p>	<p>Forgive someone and then let it go</p>	<p>Brush your teeth mindfully</p>	<p>Radiate positivity on 'Positive Thinking Day'</p>	<p>Pay for a stranger's coffee</p>	<p>Give loved ones your full attention</p>	<p>Pick up litter or join 'International Coastal Clean-up Day'</p>
17	18	19	20	21	22	23
<p>Send an appreciative text to someone</p>	<p>Tell someone what a great job they're doing</p>	<p>Be extra patient with today's challenges</p>	<p>Call a family member just to say hello</p>	<p>Write down 3 things you're grateful for on 'World Gratitude Day'</p>	<p>Walk, cycle or use public transport on 'World Car Free Day'</p>	<p>Dance around the house to your favourite happy music</p>
24	25	26	27	28	29	30
<p>Say YES to everything today - within reason, of course!</p>	<p>Hug someone for a little bit longer and a little bit tighter</p>	<p>Take a few deep breaths, every so often</p>	<p>Bring in yummy treats for your co-workers</p>	<p>Help an elderly neighbour on 'Good Neighbour Day'</p>	<p>Feed the ducks in your local park</p>	<p>Switch off screens and have a tech-free day</p>

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

Download your free Kindness Calendar at [maketodayhappy.co.uk](http://maketodayhappy.co.uk)