



# Kindness Calendar October 2018



Share your kindness experiences on facebook.com/spreadingalittlekindness

Download your free Kindness Calendar at maketodayhappy.co.uk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
Share this calendar to inspire kindness in others	Call someone instead of messaging	Be extra mindful of wasting natural resources	Offer to help someone with a difficult project	Hip Hip Hooray! It's 'World Smile Day' 😊😊😊😊😊😊😊😊	Spend time with someone who might be lonely	Enjoy a long soak in a candle-lit bath on 'Bathtub Day'
8	9	10	11	12	13	14
Be extra courteous to others in traffic	Write a letter to an old friend on 'World Post Day'	Spread awareness on social media of #WorldMentalHealthDay	Tell loved ones you love them and why	Surprise a friend with an unexpected little gift	Start, or add-to, a food bank donation box	Treat yourself to your favourite food
15	16	17	18	19	20	21
Make others laugh with silly jokes and stories	Put up positive messages in public places for others to enjoy	Eat a meal mindfully, focussing on the flavours and texture	Send a card to someone going through a tough time	Buy a lottery ticket for the person who serves you	Arrange to spend time with someone who makes you smile	Be gentle with yourself, you're doing the best you can
22	23	24	25	26	27	28
Smile and say hello to someone as you're passing	Share positive posts on social media	Look at something you do regularly with fresh eyes	Text someone to let them know you're thinking about them	Pay for the order behind you in the queue	Volunteer your time in your community on 'Make a difference Day'	Take yourself out on a date
29	30	31	"Ah, kindness. What a simple way to tell another struggling soul that there is love to be found in the world." - AA Malee			
Be generous with compliments	Take sweet Halloween treats into a local care home	Have a Spook-tacular Halloween! 🎃				

