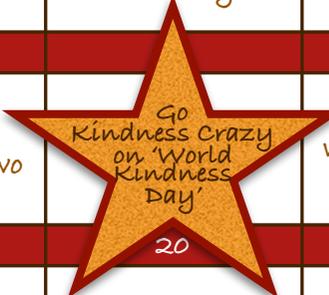


Kindness Calendar November 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Kindness is more than deeds. It is an attitude, an expression, a look, a touch. It is anything that lifts another person - Plato			1	2	3	4
			Share this Calendar to inspire kindness in others	Buy a reusable coffee cup for those takeaway coffees	Have a games night instead of watching the telly	Write down all the things that have made you smile this week
5	6	7	8	9	10	11
Hug someone who's having a bad day	Call a friend to ask about their day	Go for a walk in the park and tune into your senses	Surprise someone with a gift on 'World Gift Day'	Follow the 3 R's: reduce, reuse, recycle	Invite a neighbour round for a cuppa + chat	Buy yourself a big bunch of your favourite flowers
12		14	15	16	17	18
Smile at a stranger, or two		Enjoy a meal without looking at your phone	Encourage someone who needs it	Send a postcard to someone who needs cheering up	Share quotes on social media to celebrate 'World Peace Day'	Write down three self-care actions and plan to do them
19	20	21	22	23	24	25
Get cosy by changing into your pyjamas as soon as you	Feed the birds	Say hello to 3 new people on 'World Hello Day'	Give away something you no longer need or use	Turn 'Black Friday' into 'Kind Friday' 😊	Really listen to someone, with no distractions or interruptions	Take one step forward in something you really want to do
26	27	28	29	30	☆ Thank you for your kindness ☆ Download your free Kindness Calendar at maketodayhappy.co.uk Share your kindness stories & experiences on facebook.com/spreadingalittlekindness	
Write and leave notes for loved ones to find	Contact someone you haven't spoken to in a while	Stop, listen and appreciate any street performers you pass today	Write a short note of appreciation to someone	Write a list of all that you're grateful for		

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