

# Kindness Calendar April 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
Share this calendar to inspire kindness in others	Read a book with a youngster on 'Children's Book Day'	Listen, really listen, to others when they speak	Give someone a heartfelt hug	Ditch the car, it's 'walk to work Day'	Ask an elderly neighbour if they need anything from the shops	Do something creative that absorbs your attention
8	9	10	11	12	13	14
Tell others what a great job they're doing	Notice if you're feeling judgemental and choose to be kind instead	Take 10 mins to quieten your mind by focusing on your breath	Text a friend just to say hello	Pay for someone's coffee, lunch, or groceries	Write down 3 things you LOVE about yourself and celebrate them	Step outside and look up on 'Look up at the Sky Day'
15	16	17	18	19	20	21
Leave happy notes on car windscreens	Smile and say hello to others as you pass	Eat a meal mindfully, tasting each mouthful	Send a card to someone going through a tough time	Take some Easter treats into your local emergency services	Take a little step towards making a dream come true	Invite an elderly relative round for an Easter cuppa on 'National Tea Day'
22	23	24	25	26	27	28
Stand barefoot on the grass on 'Mother Earth Day'	Share your favourite books with others on 'World Book Night'	Take a 10 minute break just for you	Hold the door open for a few extra people	Arrange to do something fun with friends	Do something that makes you laugh out loud	Do kindness acts for 3 people and ask them to do the same on 'Pay it Forward Day'
29	30	Thank you for your kindness		"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." ~ Maya Angelou		
Dance around the house on 'International Dance Day'	Surprise a friend with a compliment					

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

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