

# Kindness Calendar June 2019

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>"Kind words can be short and easy to speak, but their echoes are truly endless." ~ Marlene Dietrich</p>				<p>Thank you for your kindness ♥</p>	1st	2nd
3rd	4th	5th	6th	7th	8th	9th
Start a friendly chat with a stranger	Make an extra meal for a lonely neighbour	Do one extra thing to care for our planet on 'World Environment Day'	Be extra supportive to your colleagues	Buy a coffee for the next person in the queue	Donate any pre-loved books to charity	Switch off to enjoy a screen-free Sunday
10th	11th	12th	13th	14th	15th	16th
Compliment everyone you interact with today	Take a moment to thank a person who is always there for you	Eat a meal mindfully, focusing on the taste and texture	Tell others what a great job they're doing	Take sweet treats into work/GP surgery/care home	Smile at everyone you meet today, it's 'Smile Power Day'	Go to bed an hour earlier and enjoy more sleep
17th	18th	19th	20th	21st	22nd	23rd
Have a meat-free Monday to support 'World Meat Free Week'	Eat your lunch in the park on 'International Picnic Day'	Go a different way today and notice everything you see	Look for the good in someone who irritates you	Sing out loud to your favourite tunes on 'World Music Day'	Spend quality time with loved ones, without interruptions	Cast away any regrets or grudges on 'Let It Go Day'
24th	25th	26th	27th	28th	29th	30th
Be gentle with yourself, you're doing the best you can	Say a cheerful "hello" to everyone you meet today	Look up to the sky for 10 minutes and watch the clouds pass by	Be extra friendly to those who work in your local cafe/shop	Offer long hugs to loved ones and friends on 'Happy Heart Hugs Day'	Enjoy a day of no plans, just go with the flow	Post and share positive posts, it's 'Social Media Day'