

Kindness Calendar August 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>"Every sunrise is an invitation for us to arise and brighten someone's day." ~ Richelle E. Goodrich</p>			1	2	3	4
			Share this calendar to inspire kindness in others	Put all your loose change in a charity box	Buy local to support local businesses	Be extra kind and gentle with yourself, you're doing great 👍
5	6	7	8	9	10	11
Keep track of how many people you smile at today	Tell someone what a great job they're doing	Go outside and listen to the birds	Spread joy and happiness on 'Happiness Happens Day'	Pause. Take a deep breath. Then take a few more.	Cook extra and share with a neighbour	Take a stroll around your neighbourhood and appreciate the garden flowers
12	13	14	15	16	17	18
Let others go in front of you in a queue or in traffic	Send a postcard to someone who needs cheering up	When someone is speaking take a full breath before you reply	Pick up litter around your neighbourhood or workplace	Go joke crazy, it's 'Tell A Joke Day' 😄	Donate unwanted books to a charity shop or local library	Do something that makes your soul sing
19	20	21	22	23	24	25
Smile and say hello to everyone you see today	Put a surprise note in a loved one's bag or pocket	Step outside and notice 3 things that are beautiful	Text a compliment to three people	Help someone carry their bags	Keep mealtimes mobile phone free	Watch the sunrise or sunset
26	27	28	29	30	31	
Do 3 things to bring joy to others today	Radiate positivity, all day long	When things get tough, go for a walk to clear your head	Ask someone "How can I help?"	Learn the names of people you interact with daily - barista, shop, canteen etc	Say thank you to someone who's made a difference in your life	Thank you for your kindness

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