

Kindness Calendar November 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>"Tenderness and kindness are not signs of weakness and despair, but manifestations of strength and resolution." ~ Khalil Gibran</p>				1st	2nd	3rd
				Share this calendar to inspire kindness in others	Switch off the TV and enjoy a games night instead	Write down three self-care actions to do this week and plan to do them!
4th	5th	6th	7th	8th	9th	10th
Call a friend to ask about their day	Ask others about something they've enjoyed recently	Stop, listen and appreciate any street performers you pass today	Send a postcard to someone who needs cheering up	Surprise someone with a gift they'll love on 'World Gift Day'	Do a job a loved one or friend doesn't like doing	Take one step forward in something you really want to do
11th	12th	13th	14th	15th	16th	17th
Encourage someone who needs it	Smile at a stranger or two	 <p>World Kindness Day</p>	Enjoy a meal without looking at your phone	Buy a reusable coffee cup for those takeaway coffees	Give away something you no longer need or use	Write down all the things that have made you smile this week
18th	19th		21st	22nd	23rd	24th
Hug someone who's having a bad day	Write a short note of appreciation to someone	Feed the birds	Greet ten new people on 'World Hello Day'	Invite a neighbour round for a cuppa + chat	Follow the three R's of the environment: reduce, reuse, recycle	Buy yourself a big bunch of your favourite flowers
25th	26th	27th	28th	29th	30th	Thank you for your kindness
Get cosy by putting your PJs on as soon as you get home	Write and leave notes for loved ones to find	Go for a walk in the park and tune into your senses	Write a list of everything you're grateful for	Turn 'Black Friday' into 'Kind Friday' 😊	Really listen to someone, with no distractions or interruptions	

Download your free Kindness Calendar at maketodayhappy.co.uk

Share your kindness experiences on Facebook.com/spreadingalittlekindness