

Kindness Calendar July 2020

Thank you
for your
kindness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
"Kindness is a universal form of communion that increases support, love, and care..."		1st	2nd	3rd	4th	5th
		Share this Calendar to inspire kindness in others	Tell someone all the reasons why you love them	Call someone who's vulnerable/self-isolating, just for a chat	Support local businesses as much as possible	Give yourself permission to do something you enjoy
6th	7th	8th	9th	10th	11th	12th
Stick a positive message on a bathroom mirror for others to see	Put aside past hurts on 'Forgiveness Day'	Be present with everyone you interact with	Eat healthy food to nourish your body	Ask 3 people about things they've enjoyed recently	Call someone on 'Cheer up the lonely day'	Buy yourself some flowers, you're worth it!
13th	14th	15th	16th	17th	18th	19th
Tell or post silly jokes to banish any Monday blues	Cook extra and share	Appreciate the beauty all around you right now	Catch up with a friend, in person or by video call	Listen before you react to anger	Turn off the tv/screens and play a game instead	Do something that makes you laugh out loud
20th	21st	22nd	23rd	24th	25th	26th
Be extra huggable on 'Hug your kids day'	Speak only kind words, to others and to yourself	Go for a lunchtime stroll in nature	Call that person who always puts a smile on your face	Connect with your cousins on 'Cousins Day'	Add to or start a food bank donation box	Take 10 minutes just for yourself
27th	28th	29th	30th	31st	... thereby transcending race, colour, religion, gender and social status. Everyone responds to kindness." ~ Maya Tiwari	
Compliment everyone you interact with today	Don't be afraid to reach out and ask for help if you need it	Do a daily routine/task mindfully	Have an online get together with friends for 'Day of Friendship'	Start that book you've been wanting to read		

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