

# Kindness Calendar September 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Thank you for your kindness	1 Share this Calendar to inspire kindness in others	2 Go for a soothing stroll in nature	3 Call a family member just to say hello	4 Buy local to support local businesses	5 Donate time, money or pre-loved items on 'International Day of Charity'	6 Curl up with a good book on 'Read a Book Day'
7	8 Put a problem into perspective and try to see the bigger picture	9 If you notice you're rushing, make an effort to slow down	10 Ask someone how they are and really listen to their reply	11 Buy yourself some colourful flowers	12 Give loved ones your full attention	13 Radiate positivity on 'Positive Thinking Day'
14	15 Forgive someone and then let it go	16 Be extra patient with any challenges you face today	17 Let a car go in front of you in traffic	18 Make someone feel loved	19 Try out a new healthy recipe	20 Enjoy a no-plans day and just go with the flow!
21 Write down 3 things you're grateful for on 'World Gratitude Day'	22 If you can, leave the car at home on 'World Car Free Day'	23 Brush your teeth mindfully	24 Smile at a stranger or two	25 Be gently encouraging to someone who needs it	26 Switch off screens and have a tech-free day	27 Make a fun playlist and have your own dance party
28 Help a neighbour in need on 'Good Neighbour Day'	29 Give away genuine compliments all day long	30 Be gentle with yourself, you're doing the best you can	<p><b>"Kindness is not an act. It is a lifestyle."</b> ~ Anthony Douglas</p>			

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