



# Kindness Calendar October 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>"The kindness of people is miraculous. If you're having a bad day and someone sends you a kind message, it has the power to undo so much harm" ~ Matt Haig</p>			1	2	3	4
			<p>Share this calendar to inspire kindness in others</p>	<p>Help one person SMILE, it's 'World Smile Day'</p> <p>😊😊😊😊😊😊</p>	<p>Start, or add-to, a food bank donation box</p>	<p>Do an activity that brings you joy</p>
5	6	7	8	9	10	11
<p>Share positive posts on social media</p>	<p>Connect with someone who makes you smile</p>	<p>Enjoy a long soak in a candle-lit bath on 'Bathtub Day'</p>	<p>Message someone to let them know you're thinking about them</p>	<p>Thank your postal worker on 'World Post Day'</p>	<p>Seek or give support on 'World Mental Health Day'</p>	<p>Wrap your arms around your beautiful self and give yourself a big, big, hug</p>
12	13	14	15	16	17	18
<p>Be extra courteous in traffic/on your commute</p>	<p>Tell loved ones you love them and why</p>	<p>Look at something you do regularly with fresh eyes</p>	<p>Offer to help someone with a difficult task/project</p>	<p>Help someone feel loved today</p>	<p>Keep moving, whether it's walking up+down the stairs, or around the garden</p>	<p>Be gentle with yourself, you're doing the best you can</p>
19	20	21	22	23	24	25
<p>Say hello to someone new</p>	<p>Call someone instead of messaging</p>	<p>Be extra mindful of wasting natural resources</p>	<p>Connect with someone who might be lonely</p>	<p>Give a token of your gratitude to somebody special with a gift they'll love</p>	<p>Volunteer your time to a good cause on 'Make a difference Day'</p>	<p>Treat yourself to your favourite food</p>
26	27	28	29	30	31	<p>Thank you for your kindness</p>
<p>Be generous with compliments all day long</p>	<p>Don't be afraid to reach out and ask for help if you need it</p>	<p>Eat a meal mindfully, without any distractions (including screens!)</p>	<p>Send a card to someone going through a tough time</p>	<p>Bake Halloween treats for your neighbours</p>	<p>Have a FANG-tastic Halloween! 🧛‍♀️</p>	

Download your free Kindness Calendar at [maketodayhappy.co.uk](http://maketodayhappy.co.uk) ♡ Share your kindness stories & experiences on [facebook.com/spreadingalittlekindness](https://www.facebook.com/spreadingalittlekindness)