

# Kindness Calendar November 2020

1st

Share this calendar to inspire kindness in others

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2nd	3rd	4th	5th	6th	7th	8th
Smile at a stranger, or two, or three...	Call a friend to ask about their day	Enjoy a meal without looking at your phone	Write a short note of appreciation to someone	Feed the birds	Take one step forward in something you really want to do	Surprise someone with a gift they'll love on 'World Gift Day'
9th	10th	11th	12th	13th	14th	15th
Get cosy by putting your PJs on as soon as you get home	Really listen to someone, with no distractions or interruptions	Go for a walk in the park and tune into your senses	Buy a reusable coffee cup for those takeaway coffees	World Kindness Day	Switch off the TV and enjoy a games night instead	Write down 3 self-care actions to do this week
16th	17th	18th	19th	20th	21st	22nd
Ask others about something they've enjoyed recently	Write and leave notes for loved ones to find	Do a daily routine task mindfully	Send a postcard to someone who needs cheering up	Encourage someone who needs it	Greet 10 people on 'World Hello Day'	Buy yourself a bunch of your favourite flowers
23rd	24th	25th	26th	27th	28th	29th
Buy local to support local, independent businesses	Give away something you no longer need or use	Appreciate your food and all that it took for it to reach your plate	Write a list of everything you're grateful for	Turn 'Black Friday' into 'Kind Friday' 😊	Do a household task a loved one doesn't like doing	Write down all the things that have made you smile this week
30th	<p>"We can't heal the world today, but we can begin with a voice of compassion, a heart of love, an act of kindness."</p> <p>~ Mary Davis</p>					Thank you for your kindness

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