

Kindness Calendar April 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>"You may not always see the results of your kindness, but every bit of positive energy you contribute to the world makes it a better place for all of us." - Lisa Currie</p>			1st	2nd	3rd	4th
			<p>Share this calendar to inspire kindness in others</p>	<p>Read a book with a youngster on 'Children's Book Day'</p>	<p>Take some treats into your local emergency services</p>	<p>Eat your favourite food mindfully, tasting each and every mouthful</p>
5th	6th	7th	8th	9th	10th	11th
<p>Help someone feel loved today</p>	<p>Donate any spare items to a food bank</p>	<p>Do something creative that absorbs your attention</p>	<p>Don't be afraid to reach out and ask for help if you need it</p>	<p>Ask an elderly neighbour if they need anything from the shops</p>	<p>Have a screen-free day and connect with those around you</p>	<p>Do something that makes you laugh out loud</p>
12th	13th	14th	15th	16th	17th	18th
<p>Compliment everyone you interact with</p>	<p>Take 10 mins to quieten your mind by focusing on your breath</p>	<p>Step outside and look up, on 'Look up at the Sky Day'</p>	<p>Be there for someone who's having a bad day</p>	<p>Keep moving your body: dance, walk, exercise, stretch...</p>	<p>Listen, without distractions, to others when they are speaking</p>	<p>Take a little step towards making a dream come true</p>
19th	20th	21st	22nd	23rd	24th	25th
<p>Check in with an elderly neighbour or relative</p>	<p>Notice if you're feeling judgemental and choose to be kind instead</p>	<p>Enjoy a virtual cuppa with a good friend on 'National Tea Day'</p>	<p>Stand barefoot on the grass on 'Mother Earth Day'</p>	<p>Snuggle up with a good book on 'World Book Night'</p>	<p>Support local businesses as much as possible</p>	<p>Write down 3 things you LOVE about yourself & celebrate them</p>
26th	27th	28th	29th	30th	<p>Thank you for your kindness</p> <p>Download your free Kindness Calendar at maketodayhappy.co.uk</p> <p>Share your kindness stories & experiences on facebook.com/spreadingalittlekindness</p>	
<p>Message a friend just to say hello and you're thinking of them</p>	<p>Go for a lunchtime stroll in nature</p>	<p>Do kindness acts for 3 people and ask them to do the same on 'Pay It Forward Day'</p>	<p>Dance around the house on 'International Dance Day'</p>	<p>Send a card to someone going through a tough time</p>		