

Kindness Calendar May 2021

1st
Share this calendar to inspire kindness in others

2nd
Do something to make you laugh out loud: 'World Laughter Day'

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3rd Take time to appreciate someone who does something nice for you	4th Forgive someone you've been holding a grudge against	5th Take time to enjoy a drink, savouring the taste of every sip	6th Check in with an elderly relative/ neighbour	7th Be kind to yourself, you're doing the best you can	8th Teach others how to play a game you enjoyed when you were younger	9th Have a 'Switch-Off Sunday' and turn off all tech/screens
10th Check in with a friend during 'Mental Health Awareness Week'	11th Find positive stories to share on social media	12th Go for a walk in nature and tune into your five senses	13th Notice if you're feeling worried/ anxious & reach out for support	14th Give others your full attention, without any distractions	15th Spend time doing something you really love to do	16th It's 'Wear Purple for Peace Day'
17th Compliment others on what a great job they're doing	18th Connect with your relatives on 'Visit Your Relatives Day'	19th Take a few deep breaths into your belly every so often	20th Enjoy a virtual tea/coffee break with friends	21st Donate pre-loved items - clothes, books, toys - to charity	22nd Give others your full attention without distractions	23rd Write down ALL the things you're grateful for and why
24th Tell someone why you love them	25th If you're able to, offer to help someone who needs it	26th Notice if you're being judgemental and be kind instead	27th Send a letter, card or message to someone you can't be with	28th Buy local to support independent businesses	29th Be gentle with yourself, know you're doing the best you can	30th Show your plants some extra love on 'Water a Flower' Day
31st Listen to someone who needs to talk	<p>"The very nature of kindness is to spread. If you are kind to others, Today they will be kind to you, And tomorrow to somebody else." ~ Sri Chinmoy</p>					Thank you for your kindness

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