

# Kindness Calendar July 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>"Unexpected kindness is the most powerful, least costly, and most underrated agent of human change." - Bob Kerrey</p>			1st	2nd	3rd	4th
			<p>Share this calendar to inspire kindness in others</p>	<p>Stick a positive message on a bathroom mirror for others to see</p>	<p>Add to or start a food bank donation box</p>	<p>Do something that makes you laugh out loud</p>
5th	6th	7th	8th	9th	10th	11th
<p>Listen before you react to anger</p>	<p>Look for opportunities to brighten someone's day</p>	<p>Put aside past hurts on 'Forgiveness Day'</p>	<p>Appreciate the beauty all around you right now</p>	<p>Turn off the tv and play a game instead</p>	<p>Buy yourself some flowers, you're worth it!</p>	<p>Call someone on 'Cheer up the lonely day'</p>
12th	13th	14th	15th	16th	17th	18th
<p>Tell/post silly jokes to banish any Monday blues</p>	<p>Call that person who always puts a smile on your face</p>	<p>Be present with everyone you interact with</p>	<p>Don't be afraid to reach out and ask for help if you need it</p>	<p>Cook extra and share</p>	<p>Support local businesses as much as possible</p>	<p>Take 10 minutes just for yourself</p>
19th	20th	21st	22nd	23rd	24th	25th
<p>Be extra huggable on 'Hug your kids day'</p>	<p>Compliment everyone you interact with today</p>	<p>Do a daily task mindfully, focusing on all the senses</p>	<p>Ask 3 people about things they've enjoyed recently</p>	<p>Start that book you've been wanting to read</p>	<p>Connect with your cousins on 'Cousins Day'</p>	<p>Give yourself permission to do something you enjoy</p>
26th	27th	28th	29th	30th	31st	<p>Thank you for your kindness</p>
<p>Speak only kind words, to others and to yourself</p>	<p>Do something to make someone's life a little easier</p>	<p>Go for a lunchtime stroll in nature</p>	<p>Tell someone all the reasons why you love them</p>	<p>Have an online get together for 'Day of Friendship'</p>	<p>Eat healthy foods to nourish your body</p>	

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