Kindness Calendar April 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
"Just as the most beautiful clouds in the skies above can hold the heaviest of rain, the brightest smile on the person next to you can cover the deepest pain." @allontheboard				**1st** Share this Calendar to inspire kindness in others	**2nd** Read a book with a youngster on 'Children's Book Day'	**3rd** Write down 3 things you appreciate about yourself and celebrate them
4th Compliment everyone you interact with	**5th** Notice if you're feeling judgemental and choose to be kind instead	**6th** Go for a stroll in nature and notice everything around you	**7th** Listen, without distractions, to others when they are speaking	**8th** Let go of something you've been holding onto	**9th** Support local businesses as much as possible	**10th** Do something creative that absorbs your attention
11th Be there for someone who's having a bad day	**12th** Find reasons to be hopeful, even in these challenging times	**13th** Find a way to support a cause that's close to your heart	**14th** Step outside and look up, it's 'Look Up at the Sky Day'	**15th** Take some treats into your local emergency services	**16th** Have a screen-free day and connect with those around you	**17th** Savour and enjoy every mouthful of meals and treats
18th Make someone feel appreciated	**19th** Don't be afraid to reach out and ask for help if you need it	**20th** Take a few mins to notice how you're breathing, deep or shallow	**21st** Enjoy a virtual or in-person cuppa with a friend on 'National Tea Day'	**22nd** Stand barefoot on the grass on 'Mother Earth Day'	**23rd** Snuggle up with a good book on 'World Book Night'	**24th** Cook a meal for someone who'll appreciate it
25th Check in with an elderly neighbour or relative	**26th** Message a friend just to say hello and that you're thinking of them	**27th** Keep moving your body: dance, walk, exercise, stretch...	**28th** Do kindness acts for 3 people and ask them to do the same on 'Pay It Forward Day'	**29th** Dance around the house on 'International Dance Day'	**30th** Ask someone about something they've experienced recently	Thank you for your kindness