

# Kindness Calendar May 2022

1st

Share this calendar to inspire kindness in others

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2nd	3rd	4th	5th	6th	7th	8th
Compliment others on what a great job they're doing	Forgive someone you've been holding a grudge against	Take time to enjoy a drink, savouring the taste of every sip	Tell someone why you love them	Send a letter, card or message to someone you can't be with	Give others your full attention without distractions	Spend time doing something you really love to do
9th	10th	11th	12th	13th	14th	15th
Check in with a friend, during 'Mental Health Awareness Week'	Take time to appreciate someone, who does something you take for granted	Go for a walk in nature and tune into your five senses	Help spread awareness on 'ME / CFS Awareness Day'	If you're able to, offer to help someone who needs it	Buy local to support independent businesses	Be gentle with yourself, know you're doing the best you can
16th	17th	18th	19th	20th	21st	22nd
It's 'Wear Purple for Peace Day' 🍇	Notice if you're being judgemental and be kind instead	Surprise loved ones with a visit or phone call on 'Visit Your Relative's Day'	Find positive stories to share on social media	Take a few deep breaths into your belly every so often it's 'World Meditation Day'	Do an activity you enjoyed doing when you were younger	Turn off all devices and have a 'Switch-Off Sunday'
23rd	24th	25th	26th	27th	28th	29th
Treat everyone with kindness today, including yourself	Notice and appreciate the strengths in those around you	Notice if you overreact and pause to take a deep breath	Call an elderly relative / neighbour for a chat and to check they're ok	Enjoy a virtual tea/coffee break with friends	Do something to make someone's life a little easier	Write down 3 things you're grateful for and why
30th	31st	Kindness is like a medicine, it can change a life With a miracle and promise, to wipe away sorrow and strife. @Pensive.Pen.Pals				Thank you for your kindness
Show your garden some extra love on 'Water a Flower' Day	Donate pre-loved items to charity					

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