



Kindness Calendar June 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>♥ Thank you ♥ for your kindness</p>		1st	2nd	3rd	4th	5th
		Share this calendar to inspire kindness in others	Check in on a friend who's struggling	Start a friendly conversation with someone new	Watch something that makes you laugh out loud	Start a new environmentally healthy habit on "World Environment Day"
6th	7th	8th	9th	10th	11th	12th
Find the silver linings in negative experiences	Ask someone how they are and really listen to their reply	Do something active to support "World Ocean Day"	Eat a meal mindfully, focusing on the taste and texture	Do something to make someone's life a little easier	Spend quality time with loved ones, without interruptions	Go to bed an hour earlier and enjoy more sleep
13th	14th	15th	16th	17th	18th	19th
Treat everyone with kindness, including yourself	Take a moment to thank a person who is always there for you	Smile from ear-to-ear all day long, it's "Smile Power Day"	Every so often, take 3 slow, deep breaths, notice how it makes you feel	Find ways to enjoy the chores/tasks you have to do today	Eat out in the open, it's "International Picnic Day"	Do something creative that absorbs your attention
20th	21st	22nd	23rd	24th	25th	26th
Let someone go in front of you, offer your seat, or hold the door open for others	Celebrate the solstice by dancing to your favourite tunes on "World Music Day"	Pause and take a breath, before replying to others	Cast away any regrets or grudges on "Let It Go Day"	Try out a new healthy recipe	Help someone feel loved today	Be gentle with yourself, you're doing the best you can
27th	28th	29th	30th	<p>"Some stranger somewhere still remembers you because you were kind to them when no one else was." - unknown</p>		
Look for the good in someone who irritates you	Ask a friend or loved one to share 3 things they're grateful for	Look up to the sky and watch the clouds pass by	Post and share positive news/posts, it's "Social Media Day"			

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