



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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