

# Kindness Calendar October 2022

1st

2nd

Share this calendar to inspire kindness in others

Enjoy your favourite brunch 'Brunch Weekend'

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3rd	4th	5th	6th	7th	8th	9th
Offer to help someone with a difficult project	Show animals extra love 'World Animal Day'	Thank a teacher in your life 'World Teachers Day'	Eat a meal mindfully, without any distractions (including screens!)	Message someone to let them know you're thinking about them	Thank your postal worker ahead of tomorrow's 'World Post Day'	Do an activity that brings you joy
10th	11th	12th	13th	14th	15th	16th
Seek or give support, it's 'World Mental Health Day'	Be generous with compliments all day long	Notice when you're busy and take regular breaks	Look for opportunities to help others	Start, or add-to, a food bank donation box	Call someone instead of messaging	Focus on all the good things you have in your life
17th	18th	19th	20th	21st	22nd	23rd
Give way to traffic	Look at something you do with fresh eyes	Wrap your arms around your beautiful self and give yourself a hug	Connect with someone who might be lonely	Thank somebody special with a little gift they'll love	Help someone who needs it 'Make a difference Day'	Be gentle with yourself, you're doing the best you can
24th	25th	26th	27th	28th	29th	30th
Notice the good in everyone you connect with	Tell loved ones you love them and why	Be as kind to yourself as you are to your friends	Say hello to someone new	Notice if you're being judgemental and be kind instead	Spend time with someone who makes you smile	Bake Halloween treats to share
31st	"Kindness is magic because it makes you feel good whether you're the one handing it out, or the one receiving it. It's contagious." ~ Ricky Gervais					Thank you for your kindness
Have a SPOOK-tacular Halloween! 🎃						

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