

Kindness Calendar November 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Thank you for your kindness	1 Share this calendar to inspire kindness in others	2 Notice if/when you're feeling stressed and be gentle with your lovely self	3 Treat everyone you interact with as warmly as you would a friend, including yourself!	4 Notice the good in everyone you connect with	5 Turn your phone off and give others your full attention	6 Take a step forward in something you really want to do
	7 Get cosy by putting your PJs on as soon as you get home	8 Surprise someone with a small gift they'll love, it's 'World Gift Day'	9 Spend a few minutes listening to the birds	10 If someone is annoying you, remember they are fighting a battle too	11 Do a job a loved one doesn't like doing	12 Choose 3 self-care actions to do this week and plan to do them!
14 Wear odd socks to begin 'Anti-Bullying Week'	15 Follow the 3 R's of the environment: reduce, reuse, recycle	16 Do a daily routine task mindfully eg brushing teeth, washing dishes...	17 Write and leave notes for loved ones to find	18 Call an elderly relative or neighbour to ask how they are	19 Switch off the TV and enjoy a games night instead	20 Go for a walk in the park and tune into your senses
21 Greet 10 new people 'World Hello Day'	22 Gently encourage someone who needs it	23 Appreciate your food and all that it took for it to reach your plate	24 Write down 10 things you're grateful for, big or small	25 Turn 'Black Friday' into 'Kind Friday' 😊	26 Give away something you no longer need or use	27 Dance around the house to your favourite happy music
28 Ask others about something they've enjoyed recently	29 Support your favourite cause "Giving Tuesday"	30 Every hour, take 3 slow, deep breaths and notice how it makes you feel	"The kindness of a stranger is such a beautiful gift. So on World Kindness Day, let's give a stranger a lift. A smile, a compliment, let in front of you in a queue. It could make a big difference, and lift your spirits too. It may create a ripple, its impact reaching far. So on Sunday 13th of November, be a kindness superstar." @words_by_helen			

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