



♥ Kindness Calendar February 2024 ♥

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>"The great acts of love are done by those who are habitually performing small acts of kindness." ~ Victor Hugo</p>			1	2	3	4
			Share this calendar to inspire kindness in others	Be there for someone who's having a bad day	Feed the wild birds in your garden, woodland, or park 'Feed the Birds Day'	Be gentle with yourself, you're doing the best you can
5	6	7	8	9	10	11
Think, speak and act positive to yourself and to others	Say sorry to someone you need to	Let a friend know you care 'Send a Card to a Friend Day'	Pause to take a deep breath or two and notice how it makes you feel	Offer to help someone who doesn't like to ask for help	Donate pre-loved clothes to charity	Buy yourself some beautiful flowers - you're worth it
12	13	14	15	16	17	18
Make someone laugh	Get together with your best gal pals 'Galentine's Day'	Show some love to yourself 'Valentine's Day'	Really listen to others, without interrupting	Buy a few extra items to give to a food donation bank		Have a dance party, online or in person with loved ones, friends, or go solo!
19	20	21	22	23		24
Give a genuine compliment to 10 people	Spend quality time with a pet 'Love Your Pet Day'	Go for a gentle soul stroll in nature	Check in on an elderly relative or neighbour	Support local businesses as much as possible	Switch off devices and be present with those around you	Allow yourself some time to do something that brings you joy
26	27	28	29	<p>Thank you for your kindness</p>		
Say thank you with your biggest smile	Give others the benefit of the doubt	Eat a meal mindfully, focusing on all the senses	Do something FUN to celebrate this extra day!			

Download your free Kindness calendar: MakeTodayHappy.co.uk ♥ Share your kindness stories and experiences: Facebook Spreading A Little Kindness ♥ Artwork by @HCG