

Kindness Calendar March 2024

Thank you
for your
kindness

"Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can" ~ John Wesley

				1st	2nd	3rd
				Share this Calendar to inspire kindness in others	Encourage a child in your life to read for pleasure 'World Book Day'	Brighten someone's day 'I Want You To Be Happy Day'
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4th	5th	6th	7th	8th	9th	10th
Spend time doing something YOU love to do	Say something positive to everyone you connect with	Do a daily routine task mindfully, focusing on all your senses	Help someone overcome an obstacle	Celebrate the amazing women in your life 'International Women's Day'	Donate any spare items to a food bank	Get creative: draw, paint, bake, write, photograph, dance, design...
11th	12th	13th	14th	15th	16th	17th
Tell others what a great job they're doing	Get green fingers on 'Plant a Flower Day'	Eat a meal mindfully, notice taste, texture, smell etc	Tell someone all the reasons why you love them	Listen and pause before you react to anger	Savour each moment of joy you experience	Go to bed earlier and enjoy more sleep 'World Sleep Day'
18th	19th	20th	21st	22nd	23rd	24th
When someone annoys you, try to look for the positive	Go a different way and notice what you see	Spread the word, it's 'International Day of Happiness'	Spend time in nature to welcome in the new season	Check in on an elderly relative/ neighbour	Switch off your lights between 8.30-9.30pm for Earth Hour	Dance around the house to your favourite happy music
25th	26th	27th	28th	29th	30th	31st
Ask someone: "How are you really doing?"... and really listen to their response	Let someone go in front of you in traffic/a queue	Take some nourishing deep breaths during the day	Get back in touch with a friend you miss	It's Kindness freestyle day - choose your favourite or be spontaneous!!	Enjoy a device/ phone-free day	Do a fun activity and notice how laughing makes you feel

Download your free Kindness Calendar at [MakeTodayHappy.co.uk](https://www.MakeTodayHappy.co.uk) ♥ Share your kindness stories and experiences on Facebook: Spreading A Little Kindness ♥ Border by @HCG