



Kindness Calendar May 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>★ "Life is short. ★ ★ Be kind." ★ ~Matt Haig</p>		1st	2nd	3rd	4th	5th
		Share this calendar to inspire kindness in others	Take time to appreciate someone who does something you take for granted	Donate pre-loved items to charity	Play a game you enjoyed playing when you were younger	Wake up early to listen to the birdsong 'Dawn Chorus Day'
6th	7th	8th	9th	10th	11th	12th
Give a friend a long heartfelt hug	Forgive someone you've been holding a grudge against	Go for a walk in nature and tune into your senses	Offer to help someone who needs it	Notice if you overreact and pause to take a deep breath	Buy a few extra items to donate to a food bank	Write down 3 things you're grateful for and why
13th	14th	15th	16th	17th	18th	19th
Check in with a friend during 'Mental Health Awareness Week'	Tell someone why you love them	Take time to enjoy a beverage, savouring the taste of every sip	It's 'Wear Purple for Peace Day'	If someone seems low, offer them a kind word	Surprise loved ones on 'Visit Your Relative's Day'	Spend time doing something you really love to do
20th	21st	22nd	23rd	24th	25th	26th
Treat everyone with extra kindness today, including yourself	Take a few deep breaths into your belly every so often it's 'World Meditation Day'	Compliment others on what a great job they're doing	Send a letter, card or message to someone you can't see in person	Find positive stories to share on social media	Give others your full attention without distractions	Be gentle with yourself, know you're doing the best you can
27th	28th	29th	30th	31st	<p>★ Thank you ★ for your kindness</p>	
Notice and appreciate the strengths in those around you	Do something to make someone's life a little easier	Appreciate your food and all that it took for it to reach your plate	Show your plants some extra love on 'Water a Flower' Day	Check-in with an elderly relative or neighbour		

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