

Kindness Calendar June 2024

Thank you for your kindness

"Kindness is universal. Sometimes being kind allows others to see the goodness in humanity through you. Always be kinder than necessary." ~ Germany Kent

1st

2nd

Share this calendar to inspire kindness in others

Be as kind to yourself as you would to a good friend/loved one

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3rd	4th	5th	6th	7th	8th	9th
Tell others what a great job they're doing	Take a moment to thank a person who is always there for you	Do something kind for the environment "World Environment Day"	Pause and take a breath, before replying to others	Find ways to enjoy the chores/tasks you have to do today	Make a splash! "World Ocean Day"	Do something to take care of yourself
10th	11th	12th	13th	14th	15th	16th
Take towels or blankets into an animal shelter	Ask a friend, loved one, or colleague, to share 3 things they're grateful for	Eat a meal mindfully, focusing on the taste and texture	Check in on a friend who's struggling	Spend quality time with loved ones, without interruptions	Wear a contagious smile: all day long "Smile Power Day"	Do something creative that absorbs your attention
17th	18th	19th	20th	21st	22nd	23rd
Try to give others the benefit of the doubt	Grab a basket, pack your fave foods & eat outside "International Picnic Day"	Notice your feelings without any judgment	Help someone feel loved today	Celebrate the solstice by dancing to your favourite tunes "World Music Day"	Try out a new healthy recipe	Let go of any regrets or grudges "Let It Go Day"
24th	25th	26th	27th	28th	29th	30th
Let someone go in front of you, in traffic or a queue	Look for the good in someone who irritates you	Look up to the sky and watch the clouds pass by	Find a silver lining about a negative experience	Ask someone how they are and really listen to their reply	Go to bed an hour earlier & enjoy more sleep	Post and share positive posts "Social Media Day"

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