

# Kindness Calendar August 2024

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   | SUNDAY  |
|---|--|--|---|---|--|---|
| <p>"Kindness can transform someone's dark moment with a blaze of light. You'll never know how much your caring matters. Make a difference for another today." - Amy Leigh Mercree</p> |  |  | 1st   | 2nd   | 3th  | 4th   |
|   |  |  | <p>Share this calendar to inspire kindness in others</p>                      | <p>Call an elderly relative or neighbour to check they're ok</p>                            | <p>Offer your postal/delivery worker an ice lolly or cool drink</p>            | <p>Make a playlist of songs that make you happy</p>                     |
| 5th   | 6th  | 7th  | 8th   | 9th   | 10th   | 11th  |
| <p>Send a postcard to someone who'd really appreciate it</p>  | <p>Walk barefoot in our garden, at the park, or at the beach it's 'Wiggle Your Toes Day'</p> | <p>Get in touch with someone who's been on your mind</p>                 | <p>Recognise and savour every moment of joy, it's 'Happiness Happens Day'</p> | <p>Treat everyone you interact with as warmly as you would a friend, including yourself</p> | <p>Give someone the gift of your time without expecting anything in return</p> | <p>Plan a fun activity to look forward to</p>                           |
| 12th  | 13th   | 14th   | 15th  | 16th  | 17th   | 18th  |
| <p>Celebrate 'Afternoon Tea Week' with a delicious feast</p>  | <p>Say thank you to someone who's made a difference in your life</p>                         | <p>Notice if you're feeling stressed or tired and take a short break</p> | <p>Slow down and unwind, it's 'Relaxation Day'</p>                            | <p>Knock! Knock! It's 'Tell A Joke Day'</p>   | <p>Keep mealtimes phone/screen-free</p>  | <p>Inspire and encourage yourself and others on 'Never Give Up Day'</p> |
| 19th  | 20th   | 21st   | 22nd  | 23rd  | 24th   | 25th  |
| <p>Do 3 things to bring joy to others today</p>   | <p>When someone is speaking take a full breath before you reply</p>                          | <p>Spend time outside listening to the birds</p>                         | <p>Do something nice for someone who is feeling low</p>                       | <p>Let go of something you've been holding onto</p>   | <p>Buy local to support local businesses</p>                                   | <p>Enjoy a "no plans" day and go with the flow</p>                      |
| 26th  | 27th   | 28th   | 29th  | 30th  | 31st   | <p>Thank you for your kindness</p>                                      |
| <p>Say hello to someone new</p>   | <p>Tell someone what a great job they're doing</p>   | <p>Look around to find 3 things you're grateful for</p>                  | <p>If someone is irritating you, remember they are fighting a battle too</p>  | <p>Buy a coffee for someone behind you in the queue</p>                                     | <p>Donate unwanted books to a charity shop or local library</p>                |   |

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](https://www.facebook.com/spreadingalittlekindness) ❤️ Border by @HCG