

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
<h2>Kindness Calendar - October 2017</h2> <p>"When words are both true and kind, they can change the world." - Buddha</p>						<p>Share this calendar to inspire kindness in others</p>
2	3	4	5	6	7	8
Tell loved ones you love them and why	Make others laugh with silly jokes and stories	Call someone instead of messaging	Thank your teachers on 'World Teacher's Day'	Hip Hip Hooray! It's 'World Smile Day' 😊😊😊😊😊😊😊😊	Spend time with someone who might be lonely	Take yourself out on a date
9	10	11	12	13	14	15
Write a letter to an old friend on 'World Post Day'	Spread awareness on social media of #WorldMentalHealthDay	Look at something you do regularly with fresh eyes	Offer to help someone with a difficult project	Give a lottery ticket to a stranger	Arrange to spend time with someone who makes you smile	Go for a countryside ramble for 'Children In Need'
16	17	18	19	20	21	22
Be extra courteous in traffic	Text someone to let them know you're thinking about them	Share positive posts on social media	Be extra mindful of wasting natural resources	Pay for the order behind you in the queue	Start, or add-to, a food bank donation box	Treat yourself to your favourite food
23	24	25	26	27	28	29
Be generous with compliments	Smile and say hello to someone as you're passing	Eat a meal mindfully, focussing on the flavours & texture	Put up positive messages in public places for others to enjoy	Surprise a friend with a little gift	Volunteer your time on 'Make a difference Day'	Enjoy a long soak in a candle-lit bath
30	31	<p>☆ Thank you for your kindness ☆</p> <p>Download your free copy at www.maketodayhappy.co.uk</p> <p>Share your kindness stories at www.facebook.com/spreadingalittlekindness</p> <p>#KindnessCalendar</p> <p><small>Image: pageborders.org1</small></p>				
Give sweet treats to a local care home	Have a Spook-tacular Halloween! 🎃					

