

MONDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
			1	2	3	
			Share this Calendar with your friends to spread kindness	Smile all day	Go for a walk in nature with your family	
4	5	6	7	8	9	
Ask your teacher if you can help them with a task	Help set the table for dinner	Let someone go first in a game	Tell someone how much you love them	Sit with someone new at lunchtime	Tidy your bedroom without being asked	Turn off the water while brushing your teeth
11	12	13	14	15	16	
Tell funny jokes to make everyone laugh	Invite someone who's alone to join in your game	Say something nice to all your friends	Hide kind notes for others to find	Pick up playground litter - with gloves or a litter-picker	Make your teacher a thank you card	Play a board game with your family
18	19	20	21	22	23	
Give out free hugs all day long	Give toys you no longer play with to charity	Make a list of your happiest memories	Feed your pet or the birds	Visit an elderly neighbour or relative	Switch off your electronic games and play outside	Make cards for your family
25	<p>"A little consideration, a little thought for others, makes all the difference." - Eeyore</p> <p>♥ Download your free Kindness Calendar at maketodayhappy.co.uk ♥ ♥ Share your kindness experiences on facebook.com/spreadingalittlekindness ♥</p>				<p>Thank you for your kindness</p> <p>☆☆♥☆☆</p>	
Have a fun day!						