

Kindness Calendar March 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>"Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world." ~ Desmond Tutu</p>			1	2	3	4
			<p>Share this calendar to inspire kindness in others</p>	<p>Help clean up your neighbourhood for 'The Great British Spring Clean'</p>	<p>Make someone feel special on 'I Want You To Be Happy Day'</p>	<p>Spend time doing something YOU love to do</p>
5	6	7	8	9	10	11
<p>Knock! Knock! Tell silly jokes all day long</p>	<p>Get in touch with an old friend</p>	<p>Put a friendly note in a book and leave for someone to find</p>	<p>Celebrate the amazing women in your life on 'International Women's Day'</p>	<p>Pay for someone's travel fare</p>	<p>Invite a neighbour round for a cuppa + chat</p>	<p>Buy yourself some colourful spring flowers</p>
12	13	14	15	16	17	18
<p>Get green fingers on 'Plant a Flower Day'</p>	<p>Share positive posts on social media</p>	<p>Spend time with someone who makes you laugh</p>	<p>Tell a child in your life how amazing they are on 'Absolutely Incredible Kids Day'</p>	<p>Buy and leave snacks in a vending machine for others to find</p>	<p>Add more items to your food donation box</p>	<p>Have a technology-free and phone-free day</p>
19	20	21	22	23	24	25
<p>Say hello to everyone with a big smile</p>	<p>Spread the word... it's 'International Day of Happiness'</p>	<p>Spend time in nature to welcome the new season</p>	<p>Tell everyone what a great job they're doing</p>	<p>Put all your loose change in a charity box</p>	<p>Switch off your lights from 8.30-9.30pm for 'Earth Hour'</p>	<p>Dance around the house to your favourite happy music</p>
26	27	28	29	30	31	<p>Thank you for your kindness ☆♡☆</p>
<p>Strike up a conversation with a stranger</p>	<p>Let a car go in front of you in traffic</p>	<p>Compliment everyone you meet today</p>	<p>Call or visit someone who is lonely or sick</p>	<p>Go for soul stroll on 'Take a Walk in the Park Day'</p>	<p>Donate pre-loved items from your spring clean to charity</p>	

Download your free Kindness Calendar at www.maketodayhappy.co.uk ☆ Share your kindness stories + experiences at www.facebook.com/spreadingalittlekindness