

Kindness Calendar February 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>"If we have the opportunity to be generous with our hearts, ourselves, we have no idea of the depth and breadth of love's reach." ~ Margaret Cho</p>					1st	2nd
					Share this calendar to inspire kindness in others	Take yourself out on a 'date' - for coffee/lunch or to a museum/cinema
3rd	4th	5th	6th	7th	8th	9th
Feed the birds in your garden or park, it's 'Feed the Birds Day'	Give a genuine compliment to 10 people	Make a list of all the amazing things you take for granted	Smile all day, no matter what today throws at you	Let a friend know you care on 'Send a Card to a Friend Day'	Buy a few extra items to give to a food donation bank	Allow yourself half an hour to do something that brings you joy
10th	11th	12th	13th	14th	15th	16th
Make someone laugh	Give gentle encouragement to someone who needs it	Go for a gentle soul stroll in nature	Get together with your best gal pals on 'Galentine's Day'	Show some love to yourself and others on 'Valentine's Day'	Check in on an elderly neighbour	Be gentle with yourself, you're doing the best you can
17th	18th	19th	20th	21st	22nd	23rd
	Be there for someone who's having a bad day	Think, speak and act positive to yourself and to others	Spend quality time with a pet on 'Love Your Pet Day'	Buy a coffee for the next person in the queue	Donate pre-loved clothes to charity	Buy yourself some flowers, just because you're worth it
	<p>☆ Random Acts of Kindness Week: 16th-23rd ☆ Random Acts of Kindness Week: 16th-23rd ☆ Random Acts of Kindness Week: 16th-23rd</p>					
24th	25th	26th	27th	28th	29th	Thank you for your kindness
Be the first to smile and say hello	Say sorry to someone you need to	Eat a meal mindfully	Offer to help someone who doesn't like to ask for help	Say thank you with your biggest smile	Spend quality time with loved ones	

Download your free Kindness Calendar at maketodayhappy.co.uk ♥ Share your kindness experiences on [facebook.com/spreadingalittlekindness](https://www.facebook.com/spreadingalittlekindness)