



30 Days of Kindness



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Share this calendar to inspire kindness in others during this challenging time	Call an elderly relative or neighbour to check they're ok	Write down ALL the things you're grateful for and why	Send someone a letter, or online card just to let them know you're thinking of them	Check out good news websites /social media pages to balance out the mainstream news	If you're able, offer to do a shop for those who are unable	Take 10 mins of self care, just for you
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Change the song you sing while you wash your hands	Cook an extra meal for someone in need, leave it on their doorstep... don't forget to knock before you walk away :-)	Pause and take some nourishing deep breaths throughout the day	Chalk positive messages on your driveway for others to enjoy	Notice when you're feeling worried/ anxious and reach out for support	Try out a new healthy recipe or get creative with store-cupboard ingredients	Have a dance party, whether it's online with friends, with loved ones, or by yourself
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Call someone who's vulnerable/ self-isolating, just for a chat	Sing your heart out to your favourite tunes, or join an online choir	Start that book you've been wanting to read or TV Show you've been waiting to binge-watch	Support local businesses as much as possible, ie takeaway, delivery, online, or buy gift vouchers	Keep moving, whether it's yoga, walking up+down the stairs, or a walk around the garden	Have a screen-free day and play some fun games instead	Wrap your arms around your beautiful self and give yourself a big, big, hug
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Pop a friendly note through a neighbour's door	Don't be afraid to reach out and ask for help if you need it	Donate any spare perishables to a food bank, or pre-loved items to charity	Get crafty: draw, paint, create, bake	Send someone (or yourself) some flowers	Organise a google hangout/ zoom night in with your friends	Go out for a stroll in nature, and notice everything that's beautiful
Day 29	Day 30	<p>"Even small acts of kindness can make a profound difference to somebody else"</p> <p>~ Misha Collins</p>				Thank you for your kindness
Share positive social media posts	Learn a new skill or start a new hobby, YouTube has lots of tutorials					

♡ Download your free Kindness Calendar at maketodayhappy.co.uk ♡ Share your kindness experiences on facebook.com/spreadingalittlekindness ♡