

Kindness Calendar May 2020

Thank you
for your
kindness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>"Be kinder to yourself. And then let your kindness flood the world." ~ Pema Chödrön</p>				1st	2nd	3rd
				Share this calendar to inspire kindness in others	Call an elderly relative/neighbour for a chat and to check they're ok	Do things that make you laugh out loud on 'World Laughter Day'
4th	5th	6th	7th	8th	9th	10th
Take a few deep breaths into your belly every so often	Find positive stories to share on social media	Go for a walk in nature and tune into your five senses	Take a small step towards a dream or important goal	Be kind to yourself: you're doing the best you can	Play a game you enjoyed playing when you were younger	Have a 'Switch-Off Sunday' and turn off all tech/screens
11th	12th	13th	14th	15th	16th	17th
Change the song you sing while you're washing your hands	Send a letter, card or message to someone you can't be with	Check in with a friend during 'Mental Health Awareness Week'	If you're able, offer to help someone who needs it	Tell someone why you love them	It's 'Wear Purple for Peace Day'	Do an activity that brings you joy
18th	19th	20th	21st	22nd	23rd	24th
Surprise a family member with a phone call on 'Visit Your Relatives Day'	Forgive someone you've been holding a grudge against	Think, speak and act positive all day long	Take time to appreciate someone who does something you take for granted	Treat yourself to something nice	Start or add a few more items to your Food Bank Donation Box	Write down 3 qualities you're proud of. Go on, don't be shy!
25th	26th	27th	28th	29th	30th	31st
Compliment everyone you interact with today	Notice when you're feeling worried/anxious and reach out for support	Spend a few minutes listening to the birds	Call a friend to ask how they're doing	Really listen to those you're living with and connecting with	Show your plants some extra love on 'Water a Flower Day'	Do something creative or learn something new

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