

Kindness Calendar June 2020

Thank you
for your
kindness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1st	2nd	3rd	4th	5th	6th	7th
Share this Calendar to inspire kindness in others	Tell others what a great job they're doing	Look up to the sky for 10 mins and watch the clouds pass by	Send a positive note to a friend who is struggling	Spend some time in nature, it's "World Environment Day"	Buy local to support local businesses	Be gentle with yourself, you're doing the best you can
8th	9th	10th	11th	12th	13th	14th
Call an elderly neighbour or relative, just to check in	Look for the good in someone who irritates you	Eat a meal mindfully, focusing on the taste and texture	Write down 3 things you are grateful for and why	Get in touch with a friend you haven't spoken to in a while	Spend uninterrupted quality time with loved ones - in person or by video call	Do something creative that absorbs your attention
15th	16th	17th	18th	19th	20th	21st
Share the power of a smile on "Smile Power Day"	Compliment everyone you interact with today - in person and online	Have a meat-free day to support "World Meat-Free Week"	Enjoy your lunch outside on "International Picnic Day"	Notice the silver linings about lockdown, both big and small	Celebrate the solstice by going for a walk in nature	Dance around your home to your favourite tunes on "World Music Day"
22nd	23rd	24th	25th	26th	27th	28th
Go to bed an hour earlier and enjoy more sleep	Cast away any regrets or grudges on "Let It Go Day"	Every so often, take 3 slow, deep breaths and notice how it makes you feel	Take a moment to thank a person who is always there for you	Notice when you're feeling worried or anxious and reach out for support	Watch something that makes you laugh out loud	Switch off to enjoy a screen-free Sunday
29th	30th	<p>"You will never speak to anyone more than you speak to yourself in your head. Be kind to yourself." ~ unknown</p>				
Try out a new healthy recipe or get creative with store-cupboard ingredients	Post and share positive posts, it's "Social Media Day"					

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