

Kindness Calendar August 2020

					1st	2nd
					Share this calendar to inspire kindness in others	Give yourself a long, nourishing hug
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3rd	4th	5th	6th	7th	8th	9th
Radiate positivity, all day long	When someone is speaking, take a full breath before you reply	Watch the sunrise or sunset	Call an elderly relative or neighbour to check they're ok	Have a dance party - online with friends, in your home with loved ones, or make it solo!	Celebrate all things happy on 'Happiness Happens Day'	Be extra kind and gentle with yourself, you're doing great
10th	11th	12th	13th	14th	15th	16th
Do 3 things that bring joy to others today	When things get tough, go for a walk to clear your head	Pause. Take a deep breath. Then take a few more.	Tell someone what a great job they're doing	Buy local to support local businesses	Do something that makes your soul sing	Go joke crazy, it's 'Tell A Joke Day'
17th	18th	19th	20th	21st	22nd	23rd
Say thank you to someone who's made a difference in your life	Cook extra and share with a neighbour	Get outside and notice 3 things that are beautiful	Send a postcard to someone who needs cheering up	Donate unwanted books to a charity shop or local library	Move your body in whatever way feels good	Take 10 mins of self care, just for you
24th	25th	26th	27th	28th	29th	30th
Text, DM or email a compliment to 3 people	Take a small step towards an important goal	Go outside and listen to the birds	Don't be afraid to reach out and ask for help if you need it	Do something nice for someone without them knowing it's you	Keep mealtimes mobile phone free	Do something that makes you laugh out loud
31st	<p>"If you have the power to make someone happy, DO IT. The world needs more of that." ~ unknown</p>					Thank you for your kindness
Let go of something you've been holding onto						

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