

Kindness Calendar September 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Thank you for your kindness	1	2	3	4	5	6
	Share this calendar to inspire kindness in others	Go for a soothing stroll in nature	Call a family member just to say hello	Buy local to support local businesses	Donate time, money or pre-loved items on 'International Day of Charity'	Curl up with a good book on 'Read a Book Day'
7	8	9	10	11	12	13
Tell someone what a great job they're doing	Put a problem into perspective and try to see the bigger picture	If you notice you're rushing, make an effort to slow down	Ask someone how they are and really listen to their reply	Buy yourself some colourful flowers	Give loved ones your full attention	Radiate positivity on 'Positive Thinking Day'
14	15	16	17	18	19	20
Send an appreciative text to someone	Forgive someone and then let it go	Be extra patient with any challenges you face today	Let a car go in front of you in traffic	Make someone feel loved	Try out a new healthy recipe	Enjoy a no-plans day and just go with the flow!
21	22	23	24	25	26	27
Write down 3 things you're grateful for on 'World Gratitude Day'	If you can, leave the car at home on 'World Car Free Day'	Brush your teeth mindfully	Smile at a stranger or two	Be gently encouraging to someone who needs it	Switch off screens and have a tech-free day	Make a fun playlist and have your own dance party
28	29	30	<p>"Kindness is not an act. It is a lifestyle." ~ Anthony Douglas</p>			
Help a neighbour in need on 'Good Neighbour Day'	Give away genuine compliments all day long	Be gentle with yourself, you're doing the best you can				

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