

♥ Kindness Calendar March 2021 ♥

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 everyone what a great job they're doing	Do something to make others happy on: 'I Want You To Be Happy Day'	Stop and take a few deep breaths throughout the day	Donate any spare items to a food bank	Get crafty: draw, paint, write, bake, create...	Dance around the house to your favourite happy music
8th	9th	10th	11th	12th	13th	14th
Celebrate the amazing women in your life on 'International Women's Day'	Help someone overcome an obstacle today	Go a different way today and notice what you see	Get back in touch with a friend you miss	Get your hands dirty on 'Plant a Flower Day'	Have a technology phone-free day	Watch something funny & notice how laughing makes you feel
15th	16th	17th	18th	19th	20th	21st
Say something positive to everyone you connect with	Don't be afraid to reach out and ask for help if you need it	Eat a meal mindfully, without any distractions	Tell someone all the reasons why you love them	Go to bed early and enjoy more sleep on 'World Sleep Day'	Spread the word, it's 'International Day of Happiness'	Spend time in nature to welcome in the new season
22nd	23rd	24th	25th	26th	27th	28th
Let someone go in front of you in traffic	When someone annoys you, try to look for the good side	Write down 3 things you feel grateful for in your life and why	Connect with someone who makes you laugh	Check in on an elderly neighbour	Switch off your lights from 8.30-9.30pm for Earth Hour	Spend time doing something YOU love to do
29th	30th	31st	<p><i>"Research shows that being kinder to ourselves allows clarity of thought, greater stress resilience, helps us overcome bad habits, and achieve our goals more effectively. Importantly, it also turns our mind into a place where we can be more at ease and more at home within ourselves." ~ Melli O'Brien</i></p>			
It's Kindness freestyle day - choose your favourite or be spontaneous!	Compliment everyone you connect with	Do a daily routine task mindfully, focusing on all your senses				

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