

Kindness Calendar July 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>"Unexpected kindness is the most powerful, least costly, and most underrated agent of human change." - Bob Kerrey</p>			1st	2nd	3rd	4th
			Share this calendar to inspire kindness in others	Stick a positive message on a bathroom mirror for others to see	Add to or start a food bank donation box	Do something that makes you laugh out loud
5th	6th	7th	8th	9th	10th	11th
Listen before you react to anger	Look for opportunities to brighten someone's day	Put aside past hurts on 'Forgiveness Day'	Appreciate the beauty all around you right now	Turn off the tv and play a game instead	Buy yourself some flowers, you're worth it!	Call someone on 'Cheer up the lonely day'
12th	13th	14th	15th	16th	17th	18th
Tell/post silly jokes to banish any Monday blues	Call that person who always puts a smile on your face	Be present with everyone you interact with	Don't be afraid to reach out and ask for help if you need it	Cook extra and share	Support local businesses as much as possible	Take 10 minutes just for yourself
19th	20th	21st	22nd	23rd	24th	25th
Be extra huggable on 'Hug your kids day'	Compliment everyone you interact with today	Do a daily task mindfully, focusing on all the senses	Ask 3 people about things they've enjoyed recently	Start that book you've been wanting to read	Connect with your cousins on 'Cousins Day'	Give yourself permission to do something you enjoy
26th	27th	28th	29th	30th	31st	Thank you for your kindness
Speak only kind words, to others and to yourself	Do something to make someone's life a little easier	Go for a lunchtime stroll in nature	Tell someone all the reasons why you love them	Have an online get together for 'Day of Friendship'	Eat healthy foods to nourish your body	

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