

Kindness Calendar October 2021

Thank you
for your
kindness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><i>"Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love." - Lao Tzu</i></p>				1st	2nd	3rd
				Share this calendar to inspire kindness in others	Enjoy your favourite brunch on 'Brunch Weekend'	Focus on all the good things you have in your life
4th	5th	6th	7th	8th	9th	10th
Show animals extra love on 'World Animal Day'	Thank a teacher in your life on 'World Teachers Day'	Be extra mindful of wasting natural resources	Help someone feel loved today	Call someone instead of messaging	Thank your postal worker to celebrate 'World Post Day'	Seek or give support on 'World Mental Health Day'
11th	12th	13th	14th	15th	16th	17th
Offer to help someone with a difficult project	Treat yourself to your favourite food	Be as kind to yourself as you would be to a good friend	Notice the good in everyone you connect with today	Send a card to someone going through a tough time	Start, or add-to, a food bank donation box	Do an activity that brings you complete joy
18th	19th	20th	21st	22nd	23rd	24th
Look at something you do regularly with fresh eyes	Be generous with compliments	Wrap your arms around your beautiful self and give yourself a big, big, hug	Message someone to let them know you're thinking about them	Spend time with someone who makes you smile	Help someone who needs it on 'Make a difference Day'	Be gentle with yourself, you're doing the best you can
25th	26th	27th	28th	29th	30th	31st
Say hello to someone new	Tell loved ones you love them and why	Eat a meal mindfully, without any distractions (including screens!)	Connect with someone who might be lonely	Thank somebody special with a gift they'll love	Bake Halloween treats for your neighbours	Have a FANG-tastic Halloween! 🧛‍♀️

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