

Kindness Calendar January 2022

1st

Share this calendar to inspire kindness in others

2nd

Start a gratitude journal - every day write down 3 gratitudes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3rd	4th	5th	6th	7th	8th	9th
Tell silly jokes to make others laugh	Pause and think before you react to anger	Feed the birds on 'Bird Day'	Be gentle with yourself, you're doing the best you can	Organise a virtual tea/coffee break with friends	Say YES to everything today! (within reason, of course)	Have a 'switch-off Sunday' by turning off all electronic devices
10th	11th	12th	13th	14th	15th	16th
Give a person who's homeless a warm scarf, gloves, or blanket	Be generous with compliments all day long	Brush your teeth mindfully, focusing on all sensations	Do something for nice for someone without them knowing it's you	Do 10 mins of extra physical activity	If someone is annoying you, remember they are fighting a battle too	Have a long soak in the bath with candles and relaxing music
17th	18th	19th	20th	21st	22nd	23rd
Today's known as 'Blue Monday'. Let's spread lots of good cheer around	Call a friend to ask about their day	Remember to pause and take a few deep breaths during the day	Notice when you're feeling worried/ anxious and reach out for support	Hip hip hooray it's 'National Hugging Day' 🤗	Spend quality time with someone who makes you smile	Write someone a lovely letter on 'Handwriting Day'
24th	25th	26th	27th	28th	29th	30th
Get chuckling, it's 'Belly Laugh Day'	Offer to help someone who might need it but doesn't like to ask	Eat a meal mindfully, focussing on all your senses	Tell someone you're proud of them and why	Play a game instead of watching TV	Remember to turn off lights when not in use	Stay in your PJs and read a good book or watch your fave film/TV
31st	<p>❄️ ❄️ ❄️ "Kindness is like snow. ❄️ ❄️ ❄️ It beautifies everything it covers." - Khalil Gibran</p>					Thank you for your kindness
Let someone go in front of you in a queue						

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