

# Kindness Calendar February 2022

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	Really listen to others without interrupting	Feed the wild birds in your garden or park, it's 'Feed the Birds Day'	Buy a few extra items to give to a food donation bank	Be there for someone who's having a bad day	Buy yourself some beautiful flowers - you're worth it
7	8	9	10	11	12	13
Let a friend know you care on 'Send a Card to a Friend Day'	Say thank you with your biggest smile	Eat a meal mindfully, focusing on all the senses	Say sorry to someone you need to	Support local businesses as much as possible	Be gentle with yourself, you're doing the best you can	Get together with your fave gal pals on 'Gal-entine's Day'
14	15	16	★★★ 17 ★★★	18	19	20
Show some love to yourself on 'Valentine's Day'	Donate pre-loved clothes to charity	Pause to take a deep breath or two and notice how it makes you feel	★ Go kindness crazy - it's 'Random Acts of Kindness Day' ★	Have a dance party, whether it's by yourself or with others	Make a list of all the amazing things you take for granted	Spend quality time with a pet on 'Love Your Pet Day'
21	22	23	24	25	26	27
Smile all day, no matter what today throws at you	Offer to help someone who doesn't like to ask for help	Go for a gentle soul stroll in nature	Check in on an elderly relative or neighbour	Make someone laugh	Think, speak and act positive to yourself and to others	Allow yourself half an hour to do something that brings you joy
28	 "Spread love everywhere you go. Let no one ever come to you without leaving happier." ~ Mother Teresa 					
Give a genuine compliment to 10 people						

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