

# Kindness Calendar August 2022

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	Do 3 things to bring joy to others today	Pause. Take a deep breath. Then take a few more...	If someone's irritating you, remember they are fighting a battle too	Donate unwanted books to a charity shop or local library	Walk barefoot on the grass, earth, beach, it's 'Wiggle Your Toes Day'	Take a small step towards an important goal
8th	9th	10th	11th	12th	13th	14th
Recognise every moment of joy, it's 'Happiness Happens Day'	Tell someone what a great job they're doing	Spend time outside listening to the birds	Send a postcard to someone who'd really appreciate it	Let go of something you've been holding onto	Celebrate 'Afternoon Tea Week' with a delicious feast	Do something that makes your soul sing
15th	16th	17th	18th	19th	20th	21st
Plan some time to rest and relax, it's 'Relaxation Day'	Go joke crazy, it's 'Tell A Joke Day'	When things get tough, go for a walk to clear your head	Inspire and encourage yourself and others on 'Never Give Up Day'	Do something nice for someone without them knowing it's you	Keep mealtimes phone/screen-free	Put on your favourite tunes and have a solo dance party
22nd	23rd	24th	25th	26th	27th	28th
Treat everyone you interact with as warmly as you would a friend, including yourself	When someone is speaking take a full breath before you reply	Watch the sunrise or sunset	Call an elderly relative or neighbour to check they're ok	Say thank you to someone who's made a difference in your life	Buy local to support local businesses	Be extra kind and gentle with yourself, you're doing great
29th	30th	31st	<p>"You can always, always give something, even if it is only kindness!" - Anne Frank</p>			
Let someone go in front of you in traffic, or a queue	Cook extra and share with a neighbour	Give someone the gift of your time today				

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