

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----------------------------------------|----------------------------------------------------------------|--------------------------------------------------------------|
| | | | | | | 1 |
| <h2>Kindness Calendar - January 2017</h2> <p>"Small acts, when multiplied by millions of people, can transform the world." - Howard Zinn</p> | | | | | | <p>Share this calendar to inspire kindness in others</p> |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Start a gratitude diary: write down 3 things every day | Give someone a long, heartfelt hug | Donate pre-loved books to charity | Celebrate 'Bird Day' by feeding the birds | Tell someone you're proud of them & why | Give a homeless person a warm scarf, gloves, socks, or blanket | Switch off your phone for the whole day |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| Be generous with compliments | Play a game instead of watching TV | Pay for a stranger's coffee | Post happy photos on social media | Turn off lights when not in use | Offer to help someone who needs it | Have a long soak in the bath with candles and relaxing music |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| Tell a silly joke to make someone laugh | Call a friend to ask about their day | Read a story to a loved one on 'Winnie The Pooh Day' | Say hello to someone new | Let someone in front of you in a queue | Give others your full attention | Stay in your pyjamas and read a good book |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| As it's 'Handwriting Day', write a letter to someone | Take treats into work or school | Hold the door open for someone | Tell your partner why you love them on 'Spouse's Day' | Tip your server a little extra | Pick up litter around your neighbourhood | Be gentle with yourself, you're doing the best you can |
| 30 | 31 | <p>☆ Thank you for your kindness ☆</p> <p>Download your free copy at www.maketodayhappy.co.uk</p> <p>Share your kindness stories at www.facebook.com/spreadingalittlekindness</p> <p>#KindnessCalendar</p> | | | | |
| Smile at everyone you see | Tape some coins to a vending machine | | | | | |

[snowflake image: clipartkid.com]