

Kindness Calendar August 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
☆ Thank you for your kindness ☆	1 Share this calendar to inspire kindness in others	2 Put a surprise note in a loved one's bag or pocket	3 Call a friend or family member you haven't seen for ages	4 Make a home cooked meal for someone who'd appreciate it	5 Donate unwanted books to a charity shop or local library	6 Treat yourself to your favourite food
7 Spend quality time with a friend on 'International Friendship Day'	8 Pause. Take a deep breath. Then take a few more.	9 Make some time to read on 'Book Lovers Day'	10 Keep mealtimes mobile phone free	11 Buy a lottery ticket for the person who serves you	12 Give out free hugs all day long	13 Set aside some quality time to be by yourself
14 Smile and say hello to everyone you see today	15 Pick up litter around your neighbourhood or workplace	16 Make everyone laugh on 'Tell a Joke Day'	17 Send a postcard to someone who needs cheering up	18 Help someone carry their bags	19 Put all your loose change in a charity box	20 Be extra kind and gentle with yourself
21 Text, tweet or email a compliment to three people	22 Make time to listen to the birds	23 Say thank you to someone who's made a difference in your life	24 Be extra kind to someone you find challenging	25 Ask someone 'Can I help you?'	26 Be positive, all day long	27 Walk around your neighbourhood and appreciate the colourful gardens
28 Put a positive sticky note up in a public bathroom	29 Let others out in traffic	30 Learn the names of people you interact with daily - barista, canteen etc	31 Tell someone what a great job they're doing	"If we all do one random act of kindness daily, we just might set the world in the right direction." - Martin Kornfeld		

Download your free Kindness Calendar at maketodayhappy.co.uk

Share your kindness experiences on [facebook.com/spreadingalittlekindness](https://www.facebook.com/spreadingalittlekindness)

