



KINDNESS CALENDARS

These calendars have been designed by The Pass It On Series to inspire more kindness in your world and the world around you. A different act of kindness has been suggested each day for you to do.

Complete each 30-day challenge alone, with family, with friends, in the classroom, at work, wherever with whomever. After all, we are all capable of kindness if only we choose it, and with just one act of kindness, we can better someone's day and ours too.

A kindness calendar with acts to be passed on to others and one with acts of kindness to be passed on to yourself are included in this pack. A blank calendar has also been included for you to create your own kindness challenges.

So... will you be passing on kindness today?



KINDNESS PAID FORWARD CALENDAR



SELF-KINDNESS ACTS CALENDAR

30 DAYS OF KINDNESS...

because every day is a good day to be kind.



1 Pay someone a compliment	2 Smile at those you cross paths with	3 Hug a loved one	4 Offer to help someone with a task of theirs	5 Plant something in nature
6 Spend some quality time with a loved one	7 Cook/bake some food to share with others	8 Donate goods to a charity/organisation	9 Check in with someone	10 Make someone laugh
11 Write a loved one a note explaining how and why you feel about them	12 Go for a walk with a loved one	13 Leave a positive review for a local business/organisation	14 Clean up your outdoor surroundings	15 Suprise someone with one of their favourite things
16 Offer to help someone with their household chores or errands	17 Place some kindness rocks around your area for others to find	18 Share an inspirational quote with someone	19 Spend time with someone you wouldn't usually and get to know them	20 Let someone know you are proud of them and explain why
21 Offer to pay for someone's coffee/make someone a drink of their choice	22 Drop a kind note off in someone's letter box	23 Say "Hello" to people who pass you by	24 Leave positive notes around for others to find	25 Volunteer your time to an organisation or a loved one
26 Let someone in front of you in a line	27 Actively listen to others when they are speaking	28 Be intentionally kind with your words when speaking with others	29 Spend time in nature with others	30 Tell a loved one why you appreciate them

30 DAYS OF SELF-KINDNESS...

because you deserve kindness too.



1 Smile at yourself in the mirror	2 Hug yourself	3 Celebrate you - list 3 things you like about who you are	4 Spend time doing something you love	5 Take a moment to pause and take 5 deep belly breaths
6 Spend some time out in nature	7 Celebrate you - compliment yourself whilst looking in the mirror	8 Put your favourite song on and sing along	9 Celebrate you - list 3 achievements you are proud of	10 Eat a nourishing meal
11 Dance to your favourite feel-good music	12 Hydrate - drink water	13 Practice gratitude - say/list 3 things that you are grateful for	14 Get moving - engage in some physical activity	15 Cheer yourself on - say 3 encouraging things to yourself
16 Spend some time doing one of your favourite hobbies	17 Celebrate you - say/list 3 affirmations to yourself. "I am _____."	18 Engage in some relaxation/mindfulness	19 Spend some time talking to a trusted love one about how you are feeling	20 Clean up your space/room
21 Celebrate all that went well today	22 Dream - write down some of your goals and dreams for the future	23 Repeat to yourself: "I love myself. I am worthy of love. I am love."	24 Reflect on a recent mistake of yours and how you can learn from it	25 Get a good night's sleep to recharge yourself
26 Write a letter to yourself about why you love being YOU	27 Go for a walk outside	28 Read a book	29 Count your blessings - say/list all the great things in your life	30 Treat yourself to one of your favourite things

30 DAYS OF KINDNESS...

because every day is a good day to be kind.



1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30