MARCH

MARCH 2021 WOOPINews

The Kindness Project

Sunday

Monday

Share this calendar with someone you think would enjoy

Tuesday

Contribute to a cause that you feel is important

Wednesday

Spend some time in the sun

Thursday

Start a conversation with a stranger

friday

Offer to pick something up at the supermarket for someone

Saturday

Offer to help someone with their kids this weekend

Relax and read a book or a

magazine

Tidy some weeds from a neighbour's lawn or garden

Buy someone a lottery ticket

10

Compliment a parent on their child's behaviour

17 Take

notice of all

the things

around you

to be thankful for

11

Research the scientific benefits of Kindness 12 Spend time with someone you think might be

Ionely

Do a
10 minute
beach
or
park clean

Create something like art or music

Ring a family member you may not have spoken to for a while

16

Volunteer your time

18

Help a friend to give up a bad habit

19

Forgive someon

20

Eat dinner at the table with no devices

21

Leave a tip for someone who deserves it

22

Introduce yourself to someone new

1 3 T

Gift an nspirationa book

24

Make a list of reasons why you love

25

Donate some clothes to charity

26

Achieve something out of your comfort zone

27

Send a card to someone in a nursing home



Pay it forward

29

Buy yourself a lottery ticket

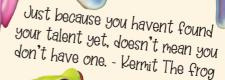
30

23

Make someone laugh

31

Most importantly, be kind to yourself



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