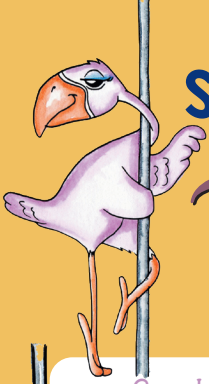


The Kindness Project



Sunday

Monday

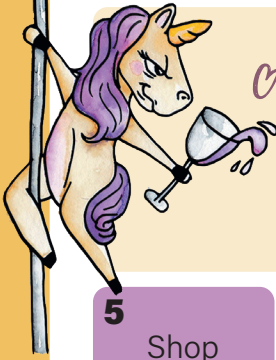
Tuesday

Wednesday

Thursday

Friday

Saturday



Any kind of dancing is better than no dancing at all

5

Shop Local and write a positive review

6

Compliment a child

7

Give a friend an unexpected gift

8

Phone someone who may be feeling lonely

9

Ask RUOK?

10

Pay it forward at you favourite cafe

11

Offer to wash an elderly friend or neighbour's car

12

Tip your barista

13

Hide a love note

14

Offer to do a grocery shop for a friend

15

Start a gratitude diary

16

Meditate

17

Text someone good morning

18

Plant a tree

19

Give something away

20

Let your partner win an argument

21

Text someone good night

22

Bring in your neighbour's bin

23

Have a judgement free day

24

Leave a thank you note for your postie

25

Cook an extra meal to share with a friend

26

Donate

27

Dance like no one is watching

28

Write positive sticky notes and leave around the house

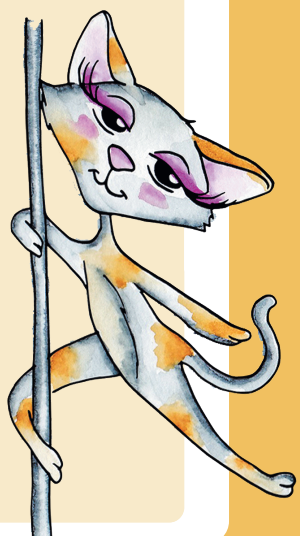
29

Give all your indoor plants some extra care today

30

Send someone a kind card

The job of feet is walking, but their hobby is dancing



If you hit a wall, climb over it, crawl under it, or dance on top of it

