

The Kindness Project

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

IN A WORLD WHERE YOU CAN BE ANYTHING, BE KIND – TO YOURSELF AND TO OTHERS

1 SHARE THIS CALENDAR WITH SOMEONE YOU THINK WOULD ENJOY

2 GIVE A COMPLIMENT TO AS MANY PEOPLE AS POSSIBLE TODAY

3 SEND A POSITIVE MESSAGE TO SOMEONE YOU HAVEN'T SEEN FOR A WHILE

4 DO SOMETHING NICE FOR YOURSELF TODAY

5 WRITE DOWN THREE THINGS YOU ARE THANKFUL FOR

6 SHOUT THE PERSON BEHIND YOU A COFFEE OR WHATEVER YOU CAN AFFORD

7 PAINT A NICE MESSAGE ON A ROCK AND LEAVE IT SOMEWHERE

8 PICK UP SOME RUBBISH

9 LEAVE A POSITIVE MESSAGE FOR SOMEONE TO FIND

10 SMILE AT A STRANGER

11 LEND A HAND TO SOMEONE YOU SEE STRUGGLING

12 GIVE YOURSELF PERMISSION TO REST TODAY

13 TELL SOMEONE YOU APPRECIATE THEM

14 INVITE SOMEONE TO JOIN YOU

15 LISTEN TO YOUR FAVOURITE SONG

16 HOLD THE DOOR OPEN FOR OTHERS

17 SPEND TIME WITH A FRIEND

18 WRITE A LETTER TO SOMEONE WHO INSPIRES YOU AND TELL THEM WHY

19 PUT SOME WATER IN A BOWL FOR NATIVE ANIMALS AND BIRDS TO DRINK

20 BAKE OR BUY COOKIES TO SHARE.

21 MAKE YOURSELF LAUGH OUT LOUD

22 WRITE SOMEONE A KIND NOTE

23 SEND A THINKING OF YOU CARD TO SOMEONE, JUST BECAUSE YOU ARE

24 GIVE A COMPLIMENT TO AS MANY PEOPLE AS POSSIBLE TODAY

25 DONATE FOOD TO A LOCAL CHARITY

26 TAKE NOTICE WHEN YOU'RE HARD ON YOURSELF AND BE KIND INSTEAD

27 PRACTICE SOME MINDFULNESS

28 GIVE A FLOWER TO SOMEONE

29 MAKE A DONATION

30 RELAX IN THE SUN FOR AT LEAST HALF AN HOUR

31 TURN YOUR MUSIC UP AND DANCE LIKE NO ONE IS WATCHING

TO THE WORLD YOU MAY BE ONE PERSON, BUT TO ONE PERSON YOU MAY BE THE WORLD

DR SEUSS