

# The Kindness Project



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday



Saturday



Aerodynamically, the bumble bee shouldn't be able to fly, but the bumble bee doesn't know it so it goes on flying anyway

- Mary Kay Ash

**1** Share this calendar with someone who you think would enjoy it

**2**  Bee Kind 

**3** Send someone a handwritten card

**4** Visit your parents or an elderly person

**5** Treat someone to a coffee

**6** Share your favourite recipe with someone

**7** Shout a friend to a yoga class

**8** Send a photo you have to the person in it

**9** Compliment five people today

**10** Share a fond memory with a friend

**11** Cook double dinner and share with someone

**12** Let a stranger go in front of you in line

**13** Buy or pick some flowers for someone or maybe shout yourself

**14** Pick up some litter to make the world a better place

**15** Offer to go shopping for someone

**16** Make some healthy soup to share

**17** Leave a gift for someone in a random public place

**18** Praise someone for a job well done

**19** Bee the change you want to see in the world

**20** Thank the postman

**21** Buy someone a lottery ticket

**22** Call someone who you haven't talked to in a while

**23** At dinner tonight talk about kindness

**24** Plant a tree or flowers in a neglected area

**25** Give up complaining

**26** Greet people with a smile and an enthusiastic hello

**27** Write a positive reference for someone

**28** Use less plastic

**29** Buy an inspirational book for someone

**30** Bee kind to yourself

Kind words are like honey, sweet to the soul and healthy for the body

- Proverbs 16:24

Even busy bees stop and smell the roses