

# The Kindness Project

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**1** Share this calendar with someone who will enjoy it

**2** Write down three things you are thankful for

**3** Tell someone you appreciate them

**4** Take a friend without a car to a headland to whale watch

**5** Give a compliment to a stranger

**6** Send flowers to someone for no reason

**7** Make a music list for someone

**8** Check on a friend or neighbour

**9** Share your spare toilet paper if you have any

**10** Run an errand for someone

**11** Bake cookies for the office or friends

**12** Start a meditation class

**13** Text or email a compliment

**14** Buy the person behind you a coffee

**15** Relax and read a book

**16** Hide a love note

**17** Donate to a charity

**18** Buy a positive book, read then share

**19** Send a care package to someone in need

**20** Put your phone away when with family

**21** Reconnect with an old friend

**22** Text someone good night or good morning

**23** Write down a friend's best qualities and give it to them

**24** Write down your own best qualities and believe in them

**25** Send someone a nice message on social media

**26** Donate towels or blankets to a shelter

**27** Give your favourite book to a friend

**28** Thank a teacher

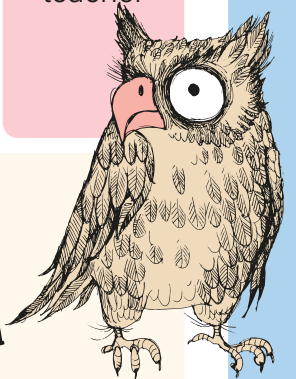
**29** Look in the mirror and say "You are enough"

**30** Send someone a kind card

**31** Take 15 minutes to really listen to someone



Life is a hoot  
Be a good hooman



The Owl is the wisest of all birds, because the more it sees, the less it says

