



JUNE 2021

WOOPINews



The Kindness Project

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Like the whale -
Always keep a song
in your heart

1 Share this calendar with someone else

2 Smile at someone. Smiles are contagious

3 Buy the person behind you in line a coffee

4 Leave a treat for your postman

5 Give kind comments to as many people as possible today

6 Cook an extra meal to share with a friend or neighbour

7 Offer spontaneous hugs

8 Look in the mirror and give yourself a compliment

9 Share a book or magazine you have enjoyed

10 Bake a slice for a friend or stranger

11 Text an old friend to check they are ok

12 Write a thank you letter to someone

13 Start a gratitude diary

14 Turn every negative you come across today into a positive

15 Donate a blanket or warm clothes to a homeless organisation

16 Compliment three people

17 Write a kind review for a local business

18 Focus on what you can do and not what you cannot

19 Let someone know how much they mean to you and why

20 Mow your neighbour's nature strip

21 Share a quote you find inspiring to give others a boost

22 List three things that bring you happiness

23 Gift your favourite book

24 Leave a love note for your partner

25 Call a mentor to say thanks

26 Be grateful. List all the kind things others have done for you

27 Hug a tree

28 Give flowers to someone. A friend or a stranger

29 Clean up litter on the street or beach

30 Gift an indoor plant

Some Whaley good advice,
Come up for air ... BREATHE

The Whales do not sing because they have an answer, they sing because they have a song

- Gregory Colbert

