

MARCH 2021

WOOPINews

# The Kindness Project

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



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

**2** Contribute to a cause that you feel is important

**3** Spend some time in the sun

**4** Start a conversation with a stranger

**5** Offer to pick something up at the supermarket for someone

**6** Offer to help someone with their kids this weekend

**7** Relax and read a book or a magazine

**8** Tidy some weeds from a neighbour's lawn or garden

**9** Buy someone a lottery ticket

**10** Compliment a parent on their child's behaviour

**11** Research the scientific benefits of Kindness

**12** Spend time with someone you think might be lonely

**13** Do a 10 minute beach or park clean

**14** Create something like art or music

**15** Ring a family member you may not have spoken to for a while

**16** Volunteer your time

**17** Take notice of all the things around you to be thankful for

**18** Help a friend to give up a bad habit

**19** Forgive someone

**20** Eat dinner at the table with no devices

**21** Leave a tip for someone who deserves it

**22** Introduce yourself to someone new

**23** Gift an inspirational book

**24** Make a list of reasons why you love someone

**25** Donate some clothes to charity

**26** Achieve something out of your comfort zone

**27** Send a card to someone in a nursing home

**28** Pay it forward

**29** Buy yourself a lottery ticket

**30** Make someone laugh

**31** Most importantly, be kind to yourself



*Just because you haven't found your talent yet, doesn't mean you don't have one. - Kermit The Frog*



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