

MAY 2021

WOOPINews

The Kindness Project

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunflowers follow the sun, but did you know ... when it's cloudy and grey, they face each other and share their energy. Imagine if we did this too.

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

2

Compliment someone to their boss

3

Text someone good morning or good night

4

Say hello to a stranger

5

Reminisce with a friend

6

Write a card to an old friend

7

Pay for the person behind you's coffee

8

Plant a tree

9

Ring your mum if you are lucky enough to still have her

10

Pick up some rubbish

11

Check in on your neighbours

12

Give yourself a compliment

13

See how many times you can make somebody laugh today

14

Send a kind note to an emergency service

15

Forgive someone

16

Go to your favourite spot

17

Leave your waiter a generous tip

18

Donate to something you believe in

19

Complete a chore that is not yours

20

Leave kindness notes around your community

21

Write a positive comment on a website

22

Cook an extra meal to give someone

23

Treat yourself to some me time

24

Compliment five people today

25

Buy flowers to hand out in the street

26

Post a positive affirmation on social media

27

Call or text an old friend to say you are thinking of them

28

Compliment a child (or their parent) on their manners

29

Make a family member breakfast in bed

30

Mow your neighbour's council strip

31

Donate some time or money

"Keep your face to the sunshine and you cannot see the shadow. It's what sunflowers do." – Helen Keller