

The Kindness Project



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

We all have the koalafications to be kind

3 Treat everyone you interact with as though they are a friend

4 Thank someone you are grateful for and tell them why

5 Pick or buy flowers for someone

6 Make no plans today - be kind to yourself

7 Pick up some rubbish at the beach or in your street

8 Plant some herbs

9 Pay for someone's morning coffee

10 Tell your kids you are proud of them and why

11 Change all the negatives to positives

12 Donate

13 Hand out as many compliments as you can

14 Buy a friend a gratitude journal

15 Text a friend and tell them why you are grateful for them

16 Leave a positive note on someone's windscreen

17 Volunteer

18 Take some time out today to meditate

19 Leave a tip for your Barista or Waitress

20 Send a company a positive review

21 Leave a treat for the delivery person

22 Give a dog a treat

23 Compliment a young person

24 Cook an extra meal for a friend

25 Return someone's cart for them at the supermarket

26 Call a relative you have not heard from for a while

27 Post a positive note somewhere in the community

28 Tell someone you love them

29 Wash a neighbour's car

30 Make a conversation with a stranger

31 Buy locally

Nothing is im-possu-ble when you choose kindness

