



KINDNESS CALENDAR



SUNDAY

1 Encourage kindness. Share the Kindness Calendar with others

8 Do something helpful for a friend or family member

15 Visit an elderly neighbour and brighten up their day

22 Invite over someone who would otherwise be alone

29 Turn off digital devices and really listen to people

MONDAY

2 Support a charity, cause or campaign you really care about

9 Be generous. Feed someone with food, love or kindness today

16 Look for something positive to say to everyone you meet today

23 Choose to give or receive the gift of forgiveness

30 Let someone know how much you appreciated their gift

TUESDAY

3 Give kind comments to as many people as possible today

10 Count your blessings: list the kind things others have done for you

17 Thank people who do things for you but you may take for granted

24 Offer spontaneous hugs to your loved ones and friends

31 Plan what extra acts of kindness you will do in next ...

WEDNESDAY

4 Listen wholeheartedly to others without judging them

11 Give someone your place in a queue (in traffic or in a shop)

18 Offer to help someone who is facing difficulties at the moment

25 Treat everyone with kindness today, including yourself!

THURSDAY

5 Leave a positive message for someone else to find

12 See how many different people you can smile at today

19 Give away something that you have been holding on to

26 Encourage others to join you outside and enjoy time in nature

FRIDAY

6 Notice when you're hard on yourself or others and be kind instead

13 Buy some extra items and donate them to a local food bank

20 Congratulate someone for an achievement that may go unnoticed

27 Call a relative who is far away to say hello and have a chat

SATURDAY

7 Make gifts to give to people who are homeless or feeling lonely

14 Share a happy memory or inspiring thought with a loved one

21 Shop locally and support independent producers

28 Be kind to the planet. Eat less meat and use less energy

"Do your little bit of good where you are; those little bits together overwhelm the world" ~ Desmond Tutu



ACTION FOR HAPPINESS

#ptyok

www.PTYOK.ORG

Your kindness is part of something bigger



Join the movement for a kinder world