

ACTS OF KINDNESS CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Pay someone a compliment	<i>Check in with your neighbour</i>	Hold the door open for someone	Return someone's shopping trolley for them	Be kind to yourself	Volunteer
Let people in during traffic	Write a letter to someone you love	<i>Forgive someone</i>	Pick up rubbish in public places	Carry someone's bag	Leave your favourite cafe or restaurant a great review	<i>Wave to your neighbour</i>
Donate old clothing	Make dinner for your friends or family	Make someone smile	Let someone go in front of you	Clean up someone else's mess	Say good morning to everyone you see	Buy a coffee for the person behind you
Recycle	<i>Make someone a tea or coffee</i>	Say THANK YOU	Invite someone to go for a walk	Tell someone you appreciate them	Give someone a high-five	<i>Help someone without them asking</i>
Cheer up someone who is having a bad day	Offer to carry something for someone	<i>Offer a hug to friends and family</i>	Pay it forward.			

