

Kindness Calendar May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>"When you carry out acts of kindness you get a wonderful feeling inside. It is as though something inside your body responds and says, yes, this is how I ought to feel." ~ Harold Kushner</i></p>						1
						Give a beautiful plant to someone
2	3	4	5	6	7	8
Send someone a hand-written card	Tell the boss what a great job they did.	Drop off flowers at a friend or neighbor's house.	Pay the toll for the driver behind you.	Put a coin in an expired meter.	Give compliments with wild abandon.	Text or tell someone you're thinking about them.
9	10	11	12	13	14	15
Leave anonymous thank you notes to teachers.	Put change in a vending machine.	Actions speak louder than words	Stop at the lemonade stand.	Donate event tickets to local charity organization	Volunteer virtually for a few minutes or hours	Be the bigger person: Give up the parking space
16	17	18	19	20	21	22
Ask someone how their day was, and listen attentively	Put your shopping cart back in its place.	Give up your seat to someone who needs it more.	Recycle anything, correctly	Forgive someone. Repeat as necessary.	Help someone with their groceries or bags.	Pass along a great book you've just finished reading.
23	24	25	26	27	28	29
Buy a meal for a homeless person.	Mentor someone, a child or an adult	Share positive and uplifting stories on social media	Send someone a small gift anonymously.	Let the person behind you in line check out first	Give a homeless person your doggie bag.	Smile and say a friendly "Hello!" to a stranger
30	31	<p><i>Keep putting out good. It will come back to you tenfold in unexpected ways.</i></p>				
Remove debris or other obstacles from a road or path.	Send dessert to someone's table.					