



# April 2021

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

"If you want others to be happy, practice kindness.  
If you want to be happy, practice kindness."  
—The Dalai Lama

- 1 It's #StressAwarenessMonth. Bring awareness to your stress levels by taking 7 minutes to do a [simple yoga exercise](#) or 2 minutes to do a [deep breathing exercise](#).
- 2 It's #WorldAutismDay. Learn more about how you can help our friends at Chapel Haven by visiting [www.chapelhaven.org](http://www.chapelhaven.org)
- 3 Create a gratitude jar and fill it up with things you are grateful for.
- 4 Place reusable bags by your door or in your car for the next time you go grocery shopping.
- 5 Pick a country you know nothing about and read more about it.
- 6 Smile at everybody you see. It's contagious (even with a mask on).
- 7 For #WorldHealthDay, remember that kindness is good for our physical and mental health!
- 8 Make a list of kind actions you have seen in your community lately.
- 9 Be patient with yourself today.
- 10 Share words of encouragement with someone who is trying something new.
- 11 Think about two actions you can take towards a personal goal.
- 12 Leave snacks and water outside your home for your delivery driver.
- 13 Pick up three pieces of trash that you see.
- 14 Donate outgrown clothes or unused household items.
- 15 Tap into your creative side! Create a kindness-themed painting, drawing, or art project! #WorldArtDay
- 16 Tape change to a parking meter.
- 17 Revisit your gratitude jar and savor the things you're grateful for.
- 18 Write a [Kind Note](#) to your manager and/or teacher
- 19 Congratulate someone for a small achievement.
- 20 Learn more about your favorite native plant.
- 21 Learn something new about a coworker or classmate.
- 22 Showing kindness towards the Earth & its creatures creates a huge impact in our lives and communities. Visit [bensbells.org/earth-day](http://bensbells.org/earth-day) to learn more. #Earth Day
- 23 Write [Thank You Notes](#) to first responders.
- 24 Take treats to a fire station near you.
- 25 Take a moment to practice mindfulness & appreciate the nature around you.
- 26 Say something kind to everyone you speak to today.
- 27 Offer to help someone who is in a difficult situation, even if it's just by listening.
- 28 Teach someone something new.
- 29 Let go of the small stuff and focus on the things that matter to you.
- 30 Take a deep breath. Set your intention today to use kindness as a filter for your thoughts, words, & actions.