

# Kindness Calendar

APRIL 2022

1. It's Stress Awareness Month. 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. Create a gratitude jar and fill it up with things you are grateful for.
3. Learn more about a local organization dedicated to bringing awareness to behavioral health needs.
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 World Health Day, remember that kindness is good for our physical and mental health!
8. Make a list of kind actions you've 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.
16. Tape change to a parking meter.
17. Take treats to a fire station near you.
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. Happy Earth Day! Showing kindness towards the Earth and its creatures creates a huge impact in our lives and communities.
23. Write Thank You Notes to first responders.
24. Revisit your gratitude jar and savor the things you're grateful for.
25. Take a moment to practice mindfulness and 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, and actions.