

MAY 2022 Kindness Calendar

1. May is Mental Health Awareness month. Visit the National Alliance on Mental Illness' website for resources at www.NAMI.org
2. Start the day by practicing self-kindness. Finish the sentence: I am kind. I am _____.
3. Thank an educator on National Teacher Appreciation Day, and remember that expressing gratitude carries benefits for both the giver and the receiver.
4. Text a friend with a story that made you smile.
5. Write down your answer to this question: How do you inspire others to be kind?
6. Practice humility and appreciate what you have to learn from others.
7. Flowers are in bloom! Learn more about your favorite native flower or flowering plant.
8. Happy Mother's Day! Show appreciation for all types of mothers and caregivers today.
9. Practice self-reflection by writing down three words that describe you.
10. Share a kind story about your community on social media.
11. Remember that your mental health is as important as your physical health.
12. Thank a healthcare worker today.
13. Be kind to yourself by framing areas that need improvement as learning opportunities.
14. Instead of throwing away a used item, see if someone in your network could use it.
15. Step outside today and listen to the sounds around you for 5-10 minutes.
16. Don't hesitate to ask for advice when you could use it.
17. Remember that it's OK to say no when you need to.
18. Build momentum for your goals by working on them a little each day.
19. Finish the sentence: I am capable. I am _____.
20. Write down your answer to this question: How can I set healthy boundaries?
21. Recommend a book by a local author to a friend or family member.
22. Take a picture of your favorite local mural and share it on social media.
23. What is one way you can be kind to a neighbor today?
24. Enjoy the health benefits of listening to your favorite music today.
25. Be kind to the Earth by picking one day this week to go meat free, if you are able.
26. Help a friend or family member declutter a room or closet, donating any unneeded items.
27. Try waking up 15 minutes early to do a few stretches or take a quick walk around the block.
28. Consider how acting with kindness can strengthen your relationships.
29. Close listening fosters empathy. Try focusing on what others are saying without judgment.
30. If you have one, reflect on the joy you get from your pet!
31. Text someone you admire and tell them why.