



Kindness Calendar March 2021

MON	TUE	WED	THUR	FRI	SAT	SUN
01 Start today by appreciating that you're alive and have a body	02 When someone is speaking, take a full breath before you reply	03 Stay full present while drinking your cup of tea or coffee	04 Go nature spotting today. Even in a city, life is all around	05 Eat mindfully. Appreciate the taste, texture & smell of your food	06 Show an active interest by asking questions when talking to others	07 Look around and spot 3 things you find unusual or pleasant
08 Appreciate your hands and all the things they enable you to do	09 Stop to just watch the sky or clouds for ten minutes today	10 Listen to a piece of music without doing anything else	11 No plans day. Slow down and let spontaneity take over	12 Cultivate a feeling of loving kindness towards others today	13 Stop, breathe and just notice. Repeat regularly during the day	14 Enjoy doing any chores or tasks more mindfully today
15 Get outside and notice five things that are beautiful	16 If you find yourself rushing, make an effort to slow down	17 Have a device-free day and enjoy the space it offers	18 Do something creative that absorbs your attention	19 Listen deeply to someone and really notice their face and hands	20 International Day of Happiness! Focus on what makes you happy	21 Notice when you're tired and take a break as soon as possible
22 Take an unusual route and notice what looks different	23 Mentally scan down your body and notice what it is feeling	24 Make a list of amazing things that you take for granted	25 Put devices away and really focus on who you're with	26 Tune in to your feelings without judging or trying to change	27 As you walk notice the sound of each step and how it feels	28 Stop work earlier and use the time to be still and relax
29 Listen to how you speak to yourself. Try to use kind words	30 Bring to mind all the people you love and care about	31 Every hour simply take three calm breaths in and out	<p>"The little things? The little moments ? They aren't little "</p> <p>- Jon Kabant Zinn -</p>			