"Wherever there is a human being, there is an opportunity for kindness" ~ Seneca

**Monday**
- Water some flowers or plants in a public park or outdoor space
- Contact a friend to let them know you’re thinking of them
- Offer your seat, give way or hold the door open for others
- Give your unused clothes away to support a charity
- If someone annoys you, imagine how it feels to be them
- Turn your phone off and give people your full attention

**Tuesday**
- Leave a positive note for someone else to find
- Spend time wishing for other people to be free from suffering
- Be thankful for your food and the people who made it possible
- Take time to forgive someone who hurt you in the past
- Make a thoughtful gift as a surprise for someone
- Be kind to yourself so you can be kinder to others

**Wednesday**
- Decide to be kind to others (and yourself) all this month
- Offer support for a cause that doesn’t affect you directly
- Today do something to make life easier for someone else
- Tell a young person something you wish you’d heard at their age
- Take a friend on a spontaneous adventure
- Cook your favourite food for someone who will appreciate it

**Thursday**
- Contact someone you interact with as though they are a friend
- Spend time wishing for other people to be free from suffering
- Be thankful for your food and the people who made it possible
- Take time to forgive someone who hurt you in the past
- Make a thoughtful gift as a surprise for someone
- Be kind to yourself so you can be kinder to others

**Friday**
- Contact someone you interact with as though they are a friend
- Spend time wishing for other people to be free from suffering
- Be thankful for your food and the people who made it possible
- Take time to forgive someone who hurt you in the past
- Make a thoughtful gift as a surprise for someone
- Be kind to yourself so you can be kinder to others

**Saturday**
- Donate your change to support a good cause
- Pay sincere compliments to people you meet today
- Give your time and energy to help someone in difficulty
- Plan a street party, picnic or gathering for your community

**Sunday**
- Sign up to become an organ donor or give blood
- Start friendly conversations with people you don’t know
- Plan a street party, picnic or gathering for your community
- Cook your favourite food for someone who will appreciate it
- Be kind to yourself so you can be kinder to others