2027

The Kindness Calendar

A year of small, deliberate acts.

RODMENA

JANUARY

Begin with Possibility

MON	TUE	WED	THU	FRI	SAT	SUN
28	29	30	31	**1** Begin gently. Write down one hope for the year ahead and keep it where you will see it.	*2* List three things you want to leave behind, and three you want to carry forward.	*3* Read, listen to, or watch something about a subject you have always wanted to understand.
4 Think of one memory you would like to make this month.	**5** Start a list of hopes and plans somewhere they have room to grow.	**6** Pass on a resource or an introduction that could help someone take their next step.	**7** Ask yourself, "What if this went better than I imagined?" Write down three possibilities.	**8** Learn to cook a new dish.	*9* Ask someone you admire how they got started, and what they overcame on the way.	*10* Take one small step towards the thing you keep putting off.
11 Write a letter to your future self. Seal it, and hide it where you will find it again.	**12** Visit a new neighbourhood, gallery, or local shop and see what you discover.	**13** Spend fifteen minutes on a practical skill that could open a door one day.	**14** Give yourself permission to change your mind, start again, or ask for help.	**15** Photograph something that stands for growth, hope, or a fresh start.	*16* Which talent comes naturally to you? Find one new way to use it this year.	*17* Show some extra care to an animal today; a local shelter will know what helps most.
18 Try one small thing outside your comfort zone.	**19** Spend a little time finding out who you are, and act on it deliberately.	**20** Name one thing you wish were different where you live, and imagine one way to help.	**21** Revisit something you once wanted to do. Does it still excite you? Why not now?	**22** Take up something new, and give yourself permission to be a beginner.	*23* Think of a plan that went sideways. What did it teach you? What did it open up?	*24* Choose one thing you keep saying you will do someday, and start it today.
25 Encourage a dream someone has shared with you.	**26** Unsure what comes next? List three different ways it could unfold.	**27** Write down a question you have always wondered about, then go and find the answer.	**28** Sketch three steps towards one big goal.	**29** Invite someone to try something new with you.	*30* Name one thing you are excited about, and share the excitement.	*31* What small thing are you looking forward to next month? Keep it in view.

FEBRUARY

Kindness, Celebrated

MON	TUE	WED	THU	FRI	SAT	SUN
1 Make a list of things you are thankful for, and celebrate one of them today.	**2** Name one thing you are proud of, then say it out loud to the mirror.	**3** Tell a friend something you genuinely appreciate about them.	**4** Rewatch something you loved growing up.	**5** Notice a small win and give yourself the credit you deserve.	*6* Write down three things you like about yourself, and keep them in sight.	*7* Remember someone who was kind to you when it mattered. What made it stay with you?
8 Write a few lines about something that has made you happy lately.	**9** Celebrate someone's achievement, big or small.	**10** Set a photograph you love as your phone background, and enjoy the memory behind it.	**11** Thank yourself, honestly, for something you have done for your own good.	**12** Send a card to mark a friend's birthday or milestone.	*13* Read a book from your childhood.	*14* Celebrate someone who makes your world brighter. Tell them why they matter.
15 Look for kindness happening around you today, and point it out.	**16** Send a handwritten thank-you to someone whose efforts go unnoticed.	**17** Kindness Day. Share one deliberate act of kindness, and invite someone else to join in.	**18** Think of a favourite act of kindness you have witnessed, and pass it on if you can.	**19** Give someone a genuine compliment about something you admire in them.	*20* Share a story of kindness with someone who needs a smile.	*21* Name one thing your younger self would love about your life right now.
22 Reflect on your favourite moment of today.	**23** Write a heartfelt note to someone who shaped your life for the better.	**24** Recognise someone who makes your workplace or community a kinder place.	**25** Pause to appreciate something beautiful in your everyday surroundings.	**26** Name three things you did well today, however small.	*27* Share a tradition or celebration that brings you joy.	*28* Look back over the month and thank one person who made it better.

MARCH

The Ripple Outward

MON	TUE	WED	THU	FRI	SAT	SUN
1 Do something kind for someone and quietly notice what follows.	**2** Show someone you care about them; the smallest gesture can change their day.	**3** Leave a positive note in a public place; you never know who will find it at the right moment.	**4** When someone is kind to you, find a way to pass it along.	**5** Tell someone how their kindness or example has influenced you.	*6* Invite someone to join you in an act of kindness and see what you manage together.	*7* Keep count of the kind acts you witness today, and watch what happens next.
8 Act the way you hope others will act; your example travels further than you think.	**9** Do one small thing that lightens someone's load.	**10** Share a story of a kindness you have received; it may inspire someone else's next act.	**11** Leave a shared space better than you found it.	**12** Reflect on a time helping someone changed you. What did it lead to?	*13* Give someone your full attention when they share something exciting.	*14* Start a chain of kindness: do something thoughtful and invite them to pass it on.
15 Show appreciation for someone who helps your community; recognition keeps kindness going.	**16** Leave a favourite book, with a kind note inside, at a community book swap.	**17** Share a helpful idea or resource that someone else could pass along.	**18** Choose patience in a frustrating moment; your response sets the tone for everyone.	**19** Reach out to someone facing a difficult day.	*20* Think of someone whose care has shaped your life, and show that same care to someone else.	*21* Help make a group you belong to a welcoming place, and invite others to help.
22 Celebrate someone else's success; your encouragement may carry them to their next step.	**23** Offer to teach someone something you know.	**24** Thank someone whose behind-the-scenes efforts make life easier for others.	**25** Do a kind thing without expecting anything in return.	**26** Introduce two people who could learn from or encourage one another.	*27* Think of a kind habit you have learned from someone else, and practise it today.	*28* Share something useful you no longer need with someone who could use it.
29 When you notice someone being left out, make room for them.	**30** Tell someone about a small act of kindness you witnessed; help the good get noticed.	**31** Look back on the kindness you shared, received, or saw this month. Which ripple will you keep going?	1	2	*3*	*4*

APRIL

Doors Left Open

MON	TUE	WED	THU	FRI	SAT	SUN
29	30	31	**1** Welcome April with an open mind. What is one possibility you would like to make room for?	**2** Take a stroll and notice something you usually pass by.	*3* Open your heart to another living thing; even the smallest act of care makes a difference.	*4* Open the door to something new: find a local event and put it in your diary.
5 Give someone the benefit of the doubt, and leave room for grace.	**6** Learn one surprising fact about the place you grew up.	**7** Invite someone into an activity or conversation; a simple invitation makes people feel welcome.	**8** Decide how you want to show up for others today, and make one person feel seen.	**9** Explore a point of view beyond your own, and make room for it.	*10* Go somewhere pleasant within your budget, even a picnic, and be open to a change of scenery.	*11* Ask someone about a tradition or interest that matters to them, and listen with curiosity.
12 Treat today as a fresh start; give yourself permission to approach something differently.	**13** Make room for someone in a conversation or group; help them feel included.	**14** Honour someone you miss by sharing what made them special.	**15** Look up the story behind your name. What does it mean to you?	**16** Take a different route today and see what you discover.	*17* Ask for support when you need it; being open to help is a strength.	*18* Make someone feel welcome in a space you share, at home, at work, or nearby.
19 Spend a few minutes people-watching, curious about the lives around you, without assumptions.	**20** Write a few lines about yourself that celebrate what makes you you.	**21** Offer someone the chance to share an idea before offering your own.	**22** Plan a little time without your phone or a set agenda, and see what catches your attention.	**23** Leave the door open for a cherished memory; think of something that still brings you joy.	*24* Try something someone else enjoys, even if it is outside your usual interests.	*25* Share a little creativity with someone: a sketch, a note, a small made thing.
26 Learn one surprising fact about the place you live now.	**27** When someone shares a different opinion, ask a thoughtful question before responding.	**28** Create space for someone else's needs in a decision you make together.	**29** Think about a door someone once opened for you. Offer a similar opening to someone else.	**30** Close the month with an open heart. What new perspective will you carry forward?	*1*	*2*

MAY

Grow Together

MON	TUE	WED	THU	FRI	SAT	SUN
26	27	28	29	30	*1* Plant something, and practise nurturing it over time.	*2* Get creative and give yourself permission to experiment.
3 Spend fifteen minutes outside and notice what is growing and changing around you.	**4** Share something you have learned that could help someone else grow.	**5** Try a fruit or vegetable that is new to you.	**6** Watch a nature documentary and learn something new about the world we share.	**7** Stand barefoot on the grass for a moment and reconnect with the natural world.	*8* Encourage someone who is learning something new; growth takes practice.	*9* Cook a meal with an ingredient you do not usually buy.
10 Spend a little time stretching, and appreciate what your body can do.	**11** Listen to an audiobook that introduces you to a new idea.	**12** Take an after-dinner walk with someone and enjoy the time together.	**13** Offer to help someone with a project or goal they are working towards.	**14** Spend some time writing about how you have grown over the past year.	*15* Share a favourite wholesome recipe with someone.	*16* Spend an evening stargazing and enjoy the wonder of it.
17 Take a break from screens and make time for an offline hobby.	**18** Ask someone to teach you something they enjoy doing.	**19** Notice what you appreciate about the season you are in.	**20** Have a spontaneous kitchen dance, and invite someone to join the fun.	**21** Find a new podcast about something you would like to learn.	*22* Celebrate someone's progress, even if they have not reached their goal yet.	*23* Remind someone they matter with a kind word or note.
24 Read outside for fifteen minutes.	**25** Share a plant cutting, seed, or gardening tip with someone who would enjoy it.	**26** Move your body in a way that feels good to you.	**27** Explore how living things depend on one another.	**28** Give yourself permission to grow at your own pace. What are you learning about yourself?	*29* Invite someone to try a creative activity with you, and see what you make together.	*30* Thank someone who has helped you learn, grow, or become who you are.
31 Look back at something you have nurtured this month and celebrate how far it has come.	1	2	3	4	*5*	*6*

JUNE

Everyone Belongs

MON	TUE	WED	THU	FRI	SAT	SUN
31	**1** Belonging begins with kindness. What can you do to make someone feel seen and valued this month?	**2** Share a memory of someone who made you feel you belonged.	**3** Invite someone into a conversation or activity, and make room for them.	**4** Ask someone what helps them feel welcomed and respected, and listen to the answer.	*5* Celebrate something that makes you uniquely you.	*6* Wave and say hello to neighbours you do not usually talk to.
7 Make space for someone else's ideas in a group decision.	**8** Check in on an older relative, friend, or neighbour; help them feel remembered.	**9** Learn to pronounce someone's name correctly; it is a small act of respect.	**10** Say hello to someone sitting alone; offer connection without pressure.	**11** Build a little community around something you love: a book club, a walking group, anything.	*12* Notice whether everyone can take part in a shared activity, and ask what would make it easier.	*13* Tell someone what you appreciate about the perspective they bring.
14 Invite someone to share a tradition or story that means something to them.	**15** Make a newcomer feel welcome: share what you know, introduce yourself.	**16** Write a heartfelt note to someone who helped you feel included.	**17** When making plans, consider everyone's needs and comfort.	**18** Celebrate the different backgrounds and talents that make your community what it is.	*19* Reflect on what freedom and dignity mean, and on making room for everyone to belong.	*20* Offer to help someone who seems unsure where to go or what to do.
21 Speak up when you notice someone being excluded.	**22** Ask a thoughtful question and give someone your full attention as they answer.	**23** Make space for people to be themselves; kindness begins with acceptance.	**24** Make room for different ways of taking part; not everyone connects in the same way.	**25** Invite someone to share a meal, a game, a walk, or a conversation.	*26* Notice someone whose contributions are overlooked; thank them, and help others see it.	*27* Reach out to someone you have not spoken to lately and remind them they are part of your world.
28 Ask someone what gives them a sense of belonging; you may discover something new.	**29** Help create a welcoming space by noticing who has not had a chance to speak.	**30** Choose words that help everyone feel welcome.	1	2	*3*	*4*

JULY

Carry the Light

MON	TUE	WED	THU	FRI	SAT	SUN
28	29	30	**1** Brighten someone's day with a small act of care.	**2** Listen to a song that makes you feel good.	*3* Give someone a genuine compliment and make their day a little brighter.	*4* Watch the sunset and let yourself enjoy it.
5 Leave an encouraging comment on someone's creative work.	**6** Do one thing that makes you happy, and let yourself fully enjoy it.	**7** Photograph something cheerful you can see from your window.	**8** Surprise someone with their favourite snack.	**9** Start the day with one encouraging sentence to yourself.	*10* Smile at yourself in the mirror; you deserve a little kindness too.	*11* Share a funny memory with someone who was there.
12 Take a golden-hour photograph of something that makes you smile.	**13** Praise a child's creativity, curiosity, or courage, and help them feel seen.	**14** Leave a cheerful note where someone you know will find it.	**15** Open the windows and enjoy a little fresh air.	**16** Have a little dance to your favourite feel-good song.	*17* Notice three beautiful things around you today.	*18* Send someone a message just to tell them they make your world brighter.
19 Surprise someone by taking care of a small task for them.	**20** Get up early and watch the sunrise.	**21** Share a joke or something that made you laugh.	**22** Give someone a little extra encouragement when they need it most.	**23** Leave a happy message on a sticky note for someone to discover.	*24* Lead with a smile; a friendly moment can make someone's day.	*25* Do something silly just for the fun of it.
26 Send someone a photograph that brings back a happy memory.	**27** Make a short playlist that lifts your mood, and share it with someone.	**28** Brighten a shared space with a cheerful drawing or message, where permitted.	**29** Tell someone about a small thing that made you smile today.	**30** Offer a little light to someone having a hard day; ask what would bring them comfort.	*31* End the month by sharing one moment of joy that made July brighter.	*1*

AUGUST

Build the Bridge

MON	TUE	WED	THU	FRI	SAT	SUN
26	27	28	29	30	*31*	*1* Reach out to the person who has been on your mind.
2 Honour someone's memory by doing an act of kindness in their name.	**3** Share a treat with someone who makes life a little sweeter.	**4** Invite a friend to lunch and enjoy catching up.	**5** Tell a loved one what you appreciate about them.	**6** Ask someone about a favourite childhood memory.	*7* Share your favourite song with someone and ask what they have been listening to.	*8* Spend time with people who make you laugh.
9 Send a thoughtful message to the first person who comes to mind.	**10** Offer to help someone with a task; working together makes time to connect.	**11** Recommend a good book you have read recently, and ask for one in return.	**12** Invite someone to join you for a walk and a conversation.	**13** Ask someone how they have really been doing lately, and make time to listen.	*14* Share a favourite memory with someone who was part of it.	*15* Send a handwritten letter to surprise someone.
16 Trade favourite summer recipes with someone, and the stories behind them.	**17** Introduce two people who share an interest and might enjoy knowing each other.	**18** Ask someone what they have been excited about lately, and let them tell you all of it.	**19** Share a favourite podcast with someone and invite them to tell you what they think.	**20** Plan a picnic outside and invite someone to join you.	*21* Practise active listening; give someone your full attention when they speak.	*22* Reconnect with someone you have not spoken to in a while; a simple hello can reopen a conversation.
23 Ask someone to teach you something they enjoy doing.	**24** Set aside a little uninterrupted time with someone important to you.	**25** Thank someone for being there for you, especially during a difficult time.	**26** Share a photograph that reminds you of a meaningful moment with someone.	**27** Invite someone to join you in a hobby or activity you enjoy.	*28* Ask someone a question you have never thought to ask them before.	*29* Check in with someone after an important event; let them know you remembered.
30 Make a plan to spend time with someone you care about in the coming weeks.	**31** Reflect on the connections you have strengthened this month. Who would you like to stay closer to?	1	2	3	*4*	*5*

SEPTEMBER

Lift as You Go

MON	TUE	WED	THU	FRI	SAT	SUN
30	31	**1** Offer to help a friend with something on their to-do list.	**2** Let someone go ahead of you in a queue.	**3** Remind someone facing a challenge that you believe in them.	*4* Pass on something you no longer use, in good condition, to someone who could use it.	*5* Check in with someone going through a difficult time; listen without needing to fix everything.
6 Hold the door for someone and make their day a little easier.	**7** Write a letter of appreciation to someone whose encouragement has made a difference.	**8** Do a chore for someone without being asked.	**9** Recommend a favourite local business to family and friends.	**10** Ask someone, "What is one thing I can take off your plate today?"	*11* Let someone merge in traffic; a little patience makes the road kinder.	*12* Celebrate someone's hard work, especially when the results are not visible yet.
13 Send a thinking-of-you card or message to someone who could use a lift.	**14** Offer to help someone prepare for an upcoming event, project, or busy day.	**15** Leave a generous tip if you can, along with a note of appreciation.	**16** Remind someone of a strength you admire in them.	**17** Help someone carry their bags or another heavy load.	*18* Give someone permission to take a break by handling a small responsibility for them.	*19* Thank someone whose effort often goes unnoticed.
20 Share a useful resource, tip, or opportunity with someone who might benefit from it.	**21** Offer a little extra patience to someone who seems to be having a difficult day.	**22** Ask someone how you can best support them, rather than assuming what they need.	**23** Cheer someone on as they work towards a goal; a few encouraging words go a long way.	**24** Make an everyday task easier for someone by offering a helping hand.	*25* Donate a children's book to a community bookshelf or local organisation.	*26* Notice something thoughtful someone does behind the scenes, and let them know it was seen.
27 Offer to run an errand for someone who has a lot on their plate.	**28** Send a message of encouragement to someone starting something new or facing a big change.	**29** Support someone by respecting their need for rest, space, or a change of plans.	**30** Think of someone who could use extra support, and do one small thing to lighten their load.	1	*2*	*3*

OCTOBER

Frightfully Kind

MON	TUE	WED	THU	FRI	SAT	SUN
27	28	29	30	**1** Be friendly to another living thing today, even one that gives you the shivers.	*2* Tell someone your best Halloween joke.	*3* Take an autumn walk and see how many colours you can spot.
4 Hide a cheerful note or small treat where someone will find it.	**5** Make yourself a warm drink and enjoy a cosy moment.	**6** Share a favourite funny or memorable autumn story with someone.	**7** Surprise someone with their favourite autumn drink.	**8** Leave a kind note for someone to find.	*9* Curl up and watch your favourite seasonal film.	*10* Bring a little comfort to someone's day; the smallest gestures can feel like the warmest hugs.
11 Help someone tidy their garden or gather fallen leaves.	**12** Give someone a treat, just because.	**13** Listen to something that lifts you up.	**14** Turn appreciation into seasonal cheer: tell someone why they are wonderful.	**15** Leave a happy message on a bookmark for someone to discover.	*16* Have a little fun with autumn; find something in nature that looks like a face.	*17* Make time for a cosy conversation with someone who makes you feel at home.
18 Bake your favourite seasonal treat.	**19** Surprise a neighbour with a small basket of autumn treats.	**20** Invite someone to join you in your favourite autumn tradition.	**21** Share your favourite spooky film and ask for a recommendation in return.	**22** Leave a tiny pumpkin for someone who would enjoy a little autumn surprise.	*23* Be the friendly face someone needs today; a warm hello makes a big difference.	*24* Share a silly joke or funny memory with someone who could use a laugh.
25 Tell someone three things you appreciate about them.	**26** Make someone's day cosier: offer a warm blanket, a comforting story, a welcoming space.	**27** Turn an ordinary moment into a little fun: a silly game, a shared laugh, a favourite tradition.	**28** Do a little kindness that changes someone's bad day.	**29** Give someone a reason to smile.	*30* Surprise someone with a silly drawing, cheerful message, or unexpected act of kindness.	*31* Compliment someone in costume.

NOVEMBER

A Wider Kindness

MON	TUE	WED	THU	FRI	SAT	SUN
1 A kinder world starts close to home; do one small thing for your neighbourhood today.	**2** Pick up five pieces of litter.	**3** Learn about a kindness tradition from another culture or community.	**4** Donate a book to a community bookshelf or local organisation.	**5** Thank someone who helps keep your community running.	*6* Skip single-use plastic today and choose a reusable alternative.	*7* Find a community project and help others discover its impact.
8 Join a local sharing network and help keep useful things out of landfill.	**9** Celebrate the cultures that make your community special; visit an event or learn a new tradition.	**10** Turn off the lights in empty rooms and save a little energy.	**11** Send a message of appreciation to someone serving their community or working far from home.	**12** World Kindness Day is tomorrow. Imagine everyone doing one kind thing; start your own ripple today.	*13* World Kindness Day. One act, endless possibilities: start a kindness ripple and see where it goes.	*14* Leave a shared space as good as, or better than, you found it.
15 Share a free community resource or opportunity that others might find helpful.	**16** Reach out to a community organisation and ask how you can help.	**17** Donate gently used clothing to an organisation that can put it to good use.	**18** Use your voice for something you care about; share information or support a meaningful cause.	**19** Find an organisation making a difference in the world and share its mission with someone.	*20* Volunteer your time to a cause in your community that could use an extra pair of hands.	*21* Support a community garden, park, or other shared green space.
22 Share a positive story about someone making a difference in the world.	**23** Help someone discover a local organisation or service that could benefit them.	**24** Send a card or message of encouragement to someone far from home.	**25** Take a moment to appreciate the community you share. What is one thing you can do to make it better?	**26** Choose secondhand or reused items where you can this season.	*27* Support a local shop and help your high street thrive.	*28* Share a spare item, supply, or resource with a community group that needs it.
29 Encourage someone to join you in caring for a shared space.	**30** A kinder world is built from daily choices. How will you help kindness grow beyond November?	1	2	3	*4*	*5*

DECEMBER

Wrapped Up Kindly

MON	TUE	WED	THU	FRI	SAT	SUN
29	30	**1** Start the month gently; give yourself permission to slow down and make space for what matters.	**2** Send a card or cheerful note to someone living in a care home.	**3** Make a warm drink and enjoy the comfort it brings.	*4* Give yourself grace on a hard day; you are doing the best you can.	*5* Share a favourite seasonal playlist with someone who could use a little comfort or cheer.
6 Take a few minutes to meditate, breathe deeply, or simply sit quietly.	**7** Tackle one small task you have been avoiding; give your future self a little breathing room.	**8** Check in with someone who might find this season difficult; let them know you are thinking of them.	**9** Put on your comfiest clothes and enjoy relaxing at home.	**10** Say no to something that does not serve you; protecting your peace is an act of kindness too.	*11* Write down whatever you are feeling, and give yourself space to process it.	*12* Make time for a favourite film or series, complete with your cosiest blanket.
13 Give yourself an off day, or even just an off hour; rest without guilt.	**14** Offer to take one small responsibility off someone's plate.	**15** Treat yourself to something that brings you joy; it does not have to cost a thing.	**16** Small groups of thoughtful people change the world; join one, help one, or thank one today.	**17** Make the appointment you have been putting off; taking care of yourself matters.	*18* Listen to an album from beginning to end, and let yourself enjoy the moment.	*19* Make room for someone who might otherwise feel left out of a gathering or seasonal tradition.
20 Take a long breath, a warm shower, or another quiet moment to relax and recharge.	**21** On the shortest day of the year, find a little light; share a comforting word with someone.	**22** Set aside time to read a book, listen to a story, or enjoy something that helps you unwind.	**23** Do one small thing today that will make tomorrow easier.	**24** Share a favourite seasonal memory, or invite someone to tell you about theirs.	*25* Let kindness be the gift today: patience, comfort, and a little extra understanding for everyone.	*26* Give yourself permission to rest.
27 Create a little calm in your space: put one thing away, clear one small surface.	**28** Ask someone how they are really doing, and make space for an honest answer.	**29** Write down three things that helped you feel cared for this year.	**30** Release one expectation you have been carrying; you need not bring everything into the new year.	**31** End the year kindly: celebrate how far you have come, and welcome the new year with an open heart.	*1*	*2*

RODMENA

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