

Breast Cancer Awareness Month: October 2019

Sometimes it's our **ACTIONS** that speak louder than our words! SCTE's **KINDNESS CALENDAR**:

Let's be kind to each other starting this October by completing our 31 Days of Kindness Calendar

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
1 Encourage more kindness. Share this calendar with others.	2 Support a charity, cause or campaign you really care about.	3 Give kind comments to as many people as possible today.	4 Listen wholeheartedly to others without judging them.	5 Leave a positive message for someone else to find.	6 Notice when you're hard on yourself or others and be kind instead.	7 Be generous. Feed someone with food, love or kindness today.
8 Do something helpful for a friend or family member.	9 Make gifts to give to people who are homeless or feeling lonely.	10 Count your blessings: list the kind things others have done for you.	11 Give someone your place in a queue (in traffic or in a shop).	12 See how many different people you can smile at today.	13 Buy some extra items and donate them to a local food bank.	14 Share a happy memory or inspiring thought with a loved one.
15 Visit an elderly neighbour and brighten up their day.	16 Look for something positive to say to everyone you meet today.	17 Thank people who do things for you, but you may take for granted.	18 Offer to help someone who is facing difficulties at the moment.	19 Give away something that you have been holding on to.	20 Congratulate someone for an achievement that may go unnoticed.	21 Choose to give or receive the gift of forgiveness.
22 Shop local and support independent producers.	23 Invite over someone who would otherwise be alone.	24 Offer spontaneous hugs to your loved ones and friends.	25 Treat everyone with kindness today, including yourself.	26 Encourage others to join you outside and enjoy time in nature.	27 Call a relative who is far away to say hello and have a chat.	28 Be kind to the planet. Eat less meat and use less energy.
29 Let someone know how much you appreciate their friendship.	30 Turn off digital devices and really listen to people.	31 Plan what extra acts of kindness you will do in 2020.				

www.scte-activities.org.uk

Contact Number 0300 365 9791



Let us know about your kindness achievements on our FACE BOOK page - Supporting Confidence Through Exercise

Reg Charity No 1169791