

APRIL KINDNESS

2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			Natl Burrito Day 1	Good Friday 2	3	Easter 4
			 Support a co-worker with a task.	Be kind to yourself with a positive affirmation.	Try something new.	 Accept yourself as you are right now.
5	6	World Health Day 7	8	Day of Silence 9	Natl Siblings Day 10	11
Put coins in an expired meter.	Write an online review for a favorite restaurant.	 Appreciate a nurse for all they do.	Do a chore for someone in your household.	 Add positive comments if office chatter is negative.	 Show appreciation for family.	Return someone's cart at the store.
12	Hindi NY/Ramadan 13	Laughter Day 14	Tax Day 15	16	17	18
Write a thank you note to your mail carrier.	Praise someone at work to their supervisor.	 Call someone and make them laugh out loud.	Donate a vacation day for a co-worker in need.		Write 5 things you love about yourself.	Donate blankets, sheets, or towels to an animal shelter. 
19	20	Admin Prof Day 21	Earth Day 22	23	24	25
Surprise someone with a thoughtful note.	 Help a neighbor with yardwork.	Thank your administrative staff for all their support.	 Support a Green Business.	Donate clothes you no longer need.	Walk or run for a cause. 	Bring necessities to a family shelter.
Pretzel Day 26	27	28	Intl Dance Day 29	Arbor Day 30	"Only the development of compassion and understanding for others can bring us the tranquility and happiness we all seek." ~ Dalai Lama XIV	
 Put an uplifting sticky note on a bathroom mirror.	Smile at someone who looks sad.	Pay the toll for the car behind you.	Do Zumba 	Celebrate Arbor Day 		