

<b>February 17<sup>th</sup> Ash Wednesday</b>	<b>Ash Wednesday Service 10am from Alvanley</b>
<b>Be Kind to Yourself</b>	Laugh! Watch a funny film, TV programme – be silly! Read something that makes you smile ☺
<b>18<sup>th</sup></b>	Get moving – at least, every day, walk to the nearest post box
<b>19<sup>th</sup></b>	Eat Healthy, but enjoy what you eat
<b>20<sup>th</sup></b>	Seek out something uplifting to your spirit - find good news
<b>21<sup>st</sup></b>	Say ‘no’ if ‘yes’ comes too easily and is wearisome - or ‘yes’ if ‘no’
<b>Be Kind to Those in Need</b>	<b>We never know what others are going through; notice when others are suffering; remember, a smile may heal.</b> <i>(Bernadette Russell)</i>
<b>22<sup>nd</sup></b>	Send a (small) donation away to a Charity you’d like to support
<b>23<sup>rd</sup></b>	Give your pennies change into the charity box at the check-out
<b>24<sup>th</sup></b>	Phone/Contact a bereaved person for coffee – let them talk
<b>Be Kind to Strangers</b>	<b>The smallest act of Kindness is worth more than the grandest intention</b> <i>(Oscar Wilde)</i>
<b>25<sup>th</sup></b>	Ask the till-person at a check-out how they are
<b>26<sup>th</sup></b>	Say Good Morning/Good Afternoon to those you pass by
<b>27<sup>th</sup></b>	Pay someone a compliment
<b>28<sup>th</sup></b>	Note when a Stranger is kind to you – and give a (silent) blessing
<b>March 1<sup>st</sup></b>	Tell your Binmen (etc) they are doing a great job
<b>2<sup>nd</sup></b>	Pass the time of day with those around whilst in a queue
<b>Be Kind to those You Love</b>	<b>We are all SO busy... weeks and months can fly by without us contacting those we care about, change this!</b> <i>(Bernadette Russell)</i>
<b>3<sup>rd</sup></b>	Listen and don’t interrupt when you ask someone how they are
<b>4<sup>th</sup></b>	Make a date with family member or friend for coffee/meal
<b>5<sup>th</sup></b>	Say it, tell your nearest and dearest you love and appreciate them
<b>6<sup>th</sup></b>	Buy someone an unexpected gift
<b>7<sup>th</sup></b>	Call someone you haven’t spoken to for a while
<b>8<sup>th</sup></b>	Send Easter cards to those you haven’t done so before
<b>Be Kind to the Environment</b>	<b>Every single person can make a difference to the well-being of the environment, it just takes willing</b> <i>(David Attenbrough)</i>
<b>9<sup>th</sup></b>	Pick up one piece of litter and dispose of it appropriately
<b>10<sup>th</sup></b>	Only buy what is absolutely essential, and don’t waste food
<b>11<sup>th</sup></b>	Shop less, use your money to do more... not have more
<b>12<sup>th</sup></b>	Make do and mend rather than something new
<b>13<sup>th</sup></b>	Have a clear out, donate to Charity Shops
<b>14<sup>th</sup></b>	Turn off the tap – try to use less water

<b>Be Kind to Those you Disagree with</b>	<b>Let there be peace on Earth – and let it begin with me</b> <i>(Harry Connick Jr)</i>
<b>15<sup>th</sup></b>	Consider whether your reaction could be conciliatory
<b>16<sup>th</sup></b>	Contact someone who offended you in the past – arrange a coffee
<b>17<sup>th</sup></b>	If you’re challenged – LISTEN, with understanding of their position
<b>18<sup>th</sup></b>	Acknowledge hurt and anger in others without judgement
<b>19<sup>th</sup></b>	Be the first to say sorry – be the peacemaker
<b>20<sup>th</sup></b>	It’s okay to disagree; ‘I don’t share your views but thank you for sharing them with me.’
<b>Be Kind at Work and at Play</b>	<b>Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates Love</b> <i>(Lao Tzu)</i>
<b>1<sup>st</sup></b>	Remember people’s birthdays and give or make a card
<b>22<sup>nd</sup></b>	Introduce yourself to someone who is new to your work/ club/road/ church/ etc and if you can, have a brew with them
<b>23<sup>rd</sup></b>	If you have a message to pass on forget email/phone/text instead take the time to go and speak to them in person
<b>24<sup>th</sup></b>	Tell someone ‘well done’
<b>25<sup>th</sup></b>	ALWAYS Be On Time - It is manners to inform if delayed
<b>26<sup>th</sup></b>	Try to remember people’s names
<b>Be Kind to Your Community</b>	<b>Without a sense of caring there can be no sense of community</b> <i>(Anthony D’Angelo)</i>
<b>27<sup>th</sup></b>	Connect with your neighbours – send Christmas & Easter greetings cards, even if they never respond, plus any appropriate flyers
<b>28<sup>th</sup></b>	Say ‘Hello’ and stop for a chat whenever you get the opportunity
<b>29<sup>th</sup></b>	Send a welcome card to a new neighbour with details of bin collections – and details of your local church!
<b>30<sup>th</sup></b>	Shop locally – get one item a week from a small local retailer
<b>31<sup>st</sup></b>	Remember to thank your postie, pharmacist, doctor, delivery guy, street cleaner, churchwarden etc for their work on your behalf
<b>April 1<sup>st</sup></b>	Put a plant/planter/hanging basket by your front door to give your neighbours and passers buy something gorgeous to look at
<b>Be Kind to Young &amp; Elderly</b>	<b>Regardless of where we are on the age spectrum we can give encouragement to elders and youngers</b> <i>(Bernadette Russell)</i>
<b>2<sup>nd</sup></b>	Give your time to LISTEN to the stories of those who have lived and those who are stepping out to life’s journey
<b>3rd</b>	A little thought and a little kindness are often worth a lot more than a great deal of money to young and old alike

