

MARCH 2018



SIMPLY DO GOOD



MON	TUES	WED	THUR	FRI	SAT	SUN
	@SDGKenya		1 Think how you can use less plastic this month. Tag @SDGKenya with your ideas	2 Take time to disconnect from electronic devices and reconnect with your close friends and family	3 Support local wildlife by visiting a National Park and sharing photos	4 Place a bag in your kitchen. During the month add dry food items you can donate
5 Think of someone you know who is shy and make a point of talking to them this week	6 Today smile at as many people as you can	7 Surprise someone with a handwritten card or letter of encouragement	8 Make a donation to a project in your community that supports women	9 Ask someone how their week has been...and be prepared to listen to their honest answer	10 Tell the cashier at the supermarket to use your change to give another customer a discount	11 Deliver a batch of mandazi to your local police station to say thanks for the service
12 If you see a colleague struggling at work this week, ask if there is any way to help	13 Assist in washing dishes after dinner	14 Share a post by Missing Child Kenya	15 If you see someone carrying heavy shopping, offer to help carry	16 If you've had good service this week, post a review on a blog or Facebook page	17 Print a photograph from your phone, frame it and gift it to the person in the picture	18 Introduce yourself to new neighbours in your hood
19 Choose to stop complaining for one week and only spread positivity	20 Find an organisation that supports people living on the streets. Donate food or time.	21 Take time to learn 3 facts about Down Syndrome and share on social media	22 Challenge yourself to minimise your water consumption today	23 Pay the caretaker or guard to wash a neighbour's car as a surprise	24 Join Earth Hour - switch off your lights for 1 hour at 8.30pm	25 Offer to help out at church today
26 Are you an expert at something? Offer advice to someone starting out in your field.	27 Give everyone you talk to your complete and undivided attention today	28 Offer to babysit to let a couple have date night	29 Donate sweaters that are in good condition, but you no longer use	30 Make Easter memorable by doing a good deed on Good Friday	31 Give someone an Easter gift of the bag you have been filling	

SIGNIFICANT DATES

3rd World Wildlife Day, 8th International Women's Day, 21st World Down Syndrome Day, 22nd World Water Day, 24th Earth Hour 30th Good Friday

#SDGDaily