# ADIII Compassion Calendar

1
Spend 15 minutes
picking up trash in your
neighborhood.

2 Learn about fantastic people with Autism today! #WorldAutismAwarenessDay 3 Ask your friends and family to help you collect money for an Autism charity.

Share a delicious vegan meal with the family. Happy #Easter!

Today, start and end your day differently than you normally would.

### Write down a list of all things you want to change this season.

7 Get outside this afternoon and go for a walk in the park! Make sure to stretch #NationalWalkingDay

8 Notice the things you do well today, however small.

9 Donate your time and talent to a worthwhile cause.

10 Hug on your siblings today! #NationalSiblingsDay

### 11 Start planning a meaningful hangout with a friend or family.

Collect old towels, bedding and supplies to donate them! **#SpringCleaning** 

Stop spending time on negative thoughts. Use your TouchPoints on the calm setting to resolve them.

Plant seeds of your favorite fruits and vegetables today. #NationalGardeningDay

15 Educate yourself about **Autism Spectrum** Disorder.

### 16 Listen to a guided meditation on YouTube with your TouchPoints.

17 Make a thank you or funny poem to send to your coworkers today. #HaikuPoetryDay

18 Pick up a new healthy habit this afternoon. Maybe reading?

19 Exercise for at least 30 minutes today and wear your TouchPoints!

20 Take an actual break today. At least 30 minutes!

### 21

Give a gift to someone for no reason.

Learn about recyclables

Find an Autism story in the library today #WorldBookDay

24

Get creative and think of something nice to do for an animal.

25 Use your TouchPoints to conquer a small fear

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### Get inspired to help others by watching Autism videos on YouTube.

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22

Discover a new healthy recipe to try out

or shop sustainable

brands online

#EathDay2021

28

23

Put on some music and DANCE! It's #InternationalDanceDay 29

Do one thing that cultivates a friendship with your body.

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Challenge a negative thought pattern. Stand up to it like you were standing up to a bully!

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