
A Breath of Humanity

30 Days of Digital Compassion — June 2026

"One kind click. One open heart. Every single day."

Use this calendar as your daily guide to show up with compassion, care, and intention in the digital world.



June 2026

Your Daily Digital Compassion Prompts

MON	TUE	WED	THU	FRI	SAT	SUN
1 Send a kind message to someone you haven't connected with online in a while	2 Leave a genuine, uplifting comment on someone's post today	3 Put your phone away during your next meal — be fully present	4 Reply to that email you've been putting off with warmth and care	5 Pause before sharing — fact-check before you repost anything today	6 Write a positive review for a creator or small business you love online	7 Take a mindful break from social media for the whole day
8 Send a heartfelt message to someone in your group chat who's been quiet	9 Check in on a friend you only follow online — go deeper than a like	10 Unfollow accounts that drain your energy — curate with kindness	11 Amplify someone's work by sharing it with a thoughtful note	12 Listen to a podcast by someone with a perspective different from yours	13 Leave three genuinely thoughtful comments on posts today	14 Help a friend or family member strengthen their online safety
15 Send a video message instead of text — let someone hear your voice	16 Donate to a digital literacy or internet access charity	17 Thank someone publicly online who has helped or inspired you	18 Report a harmful post or comment — protect your online community	19 Call someone instead of texting — give them the gift of your voice	20 Share a resource, article, or tool that genuinely helped you	21 Introduce two people online who you think should know each other
22 Log off one hour early tonight — rest your mind from screens	23 Post something honest and heartfelt you've been holding back	24 Reread your last message before sending — does it carry kindness?	25 Follow and support a creator from a culture different from yours	26 Send a digital gift card or e-gift to someone who needs a boost	27 Delete or edit an old post that no longer reflects who you are	28 Start a meaningful conversation online — ask a deep, open question
29 Set app time limits today and protect your mental energy	30 Reflect: how has digital compassion shifted your online presence this month?					