



KINDNESS CALENDAR - DECEMBER 2017

"Be kind whenever possible. It is always possible" - Dalai Lama



MONDAY

4 Give money for each bed in your house to a homeless charity

11 Do an act of kindness to help an older person

18 Try out the art of positive gossiping!

25 Find ways to be kind to yourself today!

TUESDAY

5 Count how many people you smile at today

12 Offer hugs to your loved ones and friends

19 Cook an extra meal and surprise someone with it

26 Turn off digital devices and really listen to people

WEDNESDAY

6 Do something helpful for a friend or family member

13 Give a compliment to as many people as possible today

20 Thank people who do things for you but you may take for granted

27 Get outside into nature and feed the birds today

THURSDAY

7 Pick up litter or leaves in your local neighbourhood

14 Leave some money (with a happy note) for someone

21 Offer to take a friend's dog out for a nice walk

28 Forgive someone and look for their good points

FRIDAY

1 Encourage others to practice kindness: share this calendar

8 Say something positive to everyone you meet today

15 Pay it forward: pay for a stranger's hot drink in a cafe

22 Give someone your place in a queue (in a shop or in traffic)

29 Do a good deed to bring a smile to someone's day

SATURDAY

2 Make some homemade gifts to give away this Festive Season

9 Buy some extra items and donate them to a local food bank

16 Make a card or decoration for someone special

23 Call a relative who is far away to say hello and have a chat

30 Be kind to you: Take a walk and focus on nature's beauty

SUNDAY

3 Leave a happy note for someone else to find

10 Give clothes, blankets or toys to others who may need them

17 Take some supplies to a local animal shelter

24 Give money to a good cause for every present you wrap

31 Plan what extra acts of kindness you will do in 2018...

ACTION FOR HAPPINESS

www.actionforhappiness.org

Thank you to the many kind and creative people who inspired the ideas in this calendar :)