

KINDNESS CALENDAR - DECEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 Give money for each bed in your house to a homeless charity	5 Count how many people you smile at today	6 Do something helpful for a friend or family member	7 Pick up litter or leaves in your local neighbourhood	1 Encourage others to practice kindness: share this calendar	2 Make some homemade gifts to give away this Festive Season	3 Leave a happy note for someone else to find
11 Do an act of kindness to help an older person	12 Offer hugs to your loved ones and friends	13 Give a compliment to as many people as possible today	14 Leave some money (with a happy note) for someone	8 Say something positive to everyone you meet today	9 Buy some extra items and donate them to a local food bank	10 Give clothes, blankets or toys to others who may need them
18 Try out the art of positive gossiping!	19 Cook an extra meal and surprise someone with it	20 Thank people who do things for you but you may take for granted	21 Offer to take a friend's dog out for a nice walk	15 Pay it forward: pay for a stranger's hot drink in a cafe	16 Make a card or decoration for someone special	17 Take some supplies to a local animal shelter
25 Find ways to be kind to yourself today!	26 Turn off digital devices and really listen to people	27 Get outside into nature and feed the birds today	28 Forgive someone and look for their good points	22 Give someone your place in a queue (in a shop or in traffic)	23 Call a relative who is far away to say hello and have a chat	24 Give money to a good cause for every present you wrap
				29 Do a good deed to bring a smile to someone's day	30 Be kind to you: Take a walk and focus on nature's beauty	31 Plan what extra acts of kindness you will do in 2018...

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