Introduction (5 mins): Start this month’s Get-Together on **KINDNESS** by asking everyone to share their name and one action they’ve taken recently to bring happiness to themselves or others.

**TUNE IN to our experience with mindfulness and gratitude**

**Mindfulness Exercise (5 mins): Free from suffering**
This is a chance to send mindful good wishes towards ourselves, a loved one and the world. Start by bringing yourself to mind and repeating the phrase: "**May I be happy and free from suffering**". After a few minutes move on to wishing this for a loved one; and then widen this out to the whole world.

**Gratitude Exercise (10 mins): Feeling gratitude for kindness you received**
Take a moment to appreciate all the acts of kindness that have made your life possible. From even before we were born, people have been taking care of us and creating the conditions that made our lives possible. Turn to someone next to you and share about what kindness came to mind for you.

**CONNECT with others to help us deepen our understanding**

**Group Discussion (30 mins): Feel Good, Do Good**
Ask a volunteer to read out the text below and suggested questions for discussion in small groups. Remember, this is an opportunity to listen and learn from people’s real life experiences, so allow each other space and try to share real feelings rather than getting caught up in thoughts or ideas.

*It is sometimes said that happiness is best achieved ‘sideways on’. In other words, if we want to be happy we shouldn’t focus on our own happiness, we should concentrate our attention and actions on something else, or someone else. A growing number of scientific studies back this up, showing that caring about other people’s happiness is an important ingredient for our own. People who help others have been shown to be more satisfied with their lives, have a greater sense of meaning and feel more competent. Doing kind things can also improve our mood, reduce our stress and distract us from our own troubles. It seems that being compassionate and kind to others is hard-wired into what it means to be human.*

Find out more in **10 Keys to Happier Living** (Chapter 1): [www.actionforhappiness.org/book](http://www.actionforhappiness.org/book)

**Questions for discussion:**
- How is your happiness connected to the happiness of others?
- In what ways does the kindness of others touch your life?
Action for Happiness Get-Together

DO GOOD DECEMBER

TAKE ACTION in practical ways to apply what we learn in our lives

Action Setting (10 mins): Doing Good

Think of one small practical thing you can do to carry a bit of what you’ve explored today into your life. You might like to try one of the suggested actions below. By going around the group and each sharing our action we make ourselves more likely to complete it and inspire each other also!

1) **Be a helper.** Find someone in need and see if you can find out what would really help them - it might not be what you think at first (listening is key).

2) **Reverse Advent Calendar.** Put aside an item of food or clothing each day this month and take these to a food bank or charity to help those less fortunate.

RESOURCES

- **Calendar: Do Good December.** Simple daily actions you can take: [www.actionforhappiness.org/do-good-december](http://www.actionforhappiness.org/do-good-december)

- **Video: Kindness Boomerang.** This video showing how acts of kindness can circulate around has received over 29 million views: [www.youtube.com/watch?v=nwAYpLVyeFU](http://www.youtube.com/watch?v=nwAYpLVyeFU)

- **Book: A Fearless Heart.** Thupten Jinpa, a close collaborator of the Dalai Lama, offers an inspiring account of why compassion is key to greater wellbeing.

RESEARCH

- Participants who were given money to spend on others experienced greater happiness than people who received same amount to spend on themselves. 

- Kindness connects individual happiness with the wider community. Giving to others helps us meet one of our basic human needs - relatedness.

"I know and I feel that doing good is the truest happiness that the human heart can taste"

~ Rousseau

ACTION FOR HAPPINESS

Want to know more about how to host a Get-Together and why we invite people to Tune In, Connect and Take Action? Visit: [www.actionforhappiness.org/get-together](http://www.actionforhappiness.org/get-together)

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