



KINDNESS CALENDAR - DECEMBER 2017

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



FRIDAY

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

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

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

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

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

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

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

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

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

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 :)