

100th  
Kindness  
Calendar

# Kindness Advent Calendar 2024

1st

Share this  
Calendar to  
inspire kindness  
in others

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

2nd

Be the one to  
shift a negative  
conversation  
or gossip into  
a positive

3rd

Get  
festively crafty  
'Make a Gift Day'

4th

Give new socks  
to the homeless  
'National Sock Day'

5th

Get outside for  
a soul soothing  
stroll in nature

6th

Buy a few extra  
items at the  
supermarket  
and donate to  
a local food bank

7th

Resist the urge to  
check your phone  
when spending  
time with others

8th

Focus on all the  
good things you  
have in your life

9th

Give a gift  
to your mail  
delivery person

10th

Forgive someone  
you've been  
holding a  
grudge against

11th

Take a slow  
deep breath  
every time you  
see something  
red or green!

12th

Put on your  
jazziest jumper  
or silliest sweater  
'Christmas Jumper Day'

13th

Check in with  
an elderly relative  
or neighbour

14th

Practice  
compassion  
when in a slow-  
moving queue

15th

Do something  
that makes you  
laugh out loud

16th

Let someone  
go in front of  
you in traffic  
or in a shop

17th

Take time  
to appreciate  
someone who does  
something you  
take for granted

18th

Notice when  
you're being hard  
on yourself and  
be kind instead

19th

Ask others  
"Are you OK?"  
and really listen  
to their reply

20th

Enjoy a  
games night with  
family or friends

21st

Radiate positivity  
'Look on the  
Bright-side Day'

22nd

Dance around  
the house to  
your favourite  
festive music

23rd

Bake (or buy)  
some festive treats  
for someone who'll  
appreciate them

24th

Check in  
with someone  
who struggles at  
this time of year

25th

Have a  
wonderful day &  
remember you are  
AMAZING

Yippee, the festive season is here once more  
Time to spread good cheer and kindness galore  
Let's take a moment to brighten someone's day  
And in their hearts, and ours,  
a warm glow will stay - @words\_by\_helen

Thank you  
for your  
kindness

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