



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<h1>Kindness Advent Calendar 2018</h1>					1	2	
					Share this calendar to inspire others to practice kindness too	Dance around the house to your favourite happy music	
3	4	5	6	7	8	9	
Say something positive to everyone you meet today	Give new socks to the homeless on 'National Sock Day'	Be the one to shift a negative conversation into something positive	Offer to run an errand for someone who needs help	Buy a few extra items and donate to a local food bank	Give others your full attention...put down your phone and be present	Go outside for a soul soothing stroll in nature	
10	11	12	13	14	15	16	
Write a positive message on a post-it and stick on a public notice board or mirror	Smile at everyone today, including strangers!	Take time to appreciate someone who does something you take for granted	Cook an extra meal for someone who'd appreciate it	Appreciate good service... smile and say thank you to everyone who serves you	Give a thank you gift to your postie	Do something that makes you laugh out loud	
17	18	19	20	21	22	23	
Let someone go in front of you in traffic or at the shops	Forgive someone you've been holding a grudge against	Give a compliment to as many people as you can	Spend time with someone who may be lonely over the festive season	Radiate positivity, it's 'Look on the Bright-side Day'	Practice compassion when in a slow-moving queue	Be gentle with yourself, you're doing the best you can	
24	25	<p><i>"Small acts, when multiplied by millions of people, can transform the world." ~ Howard Zinn</i></p>				<p>Thank you for your kindness</p>	



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