

# Kindness Advent Calendar 2019

1st  
Share  
this calendar to  
inspire  
kindness  
in others

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2nd	3rd	4th	5th	6th	7th	8th
Say something positive to everyone you meet today	Get back in touch with a friend you miss	Give new socks to the homeless on 'National Sock Day'	Take time to appreciate someone who does something you take for granted	Take supplies to a local animal shelter	Appreciate good service - smile and say thank you to everyone who serves you	Do something that makes you laugh out loud
9th	10th	11th	12th	13th	14th	15th
Let someone go in front of you in a queue ie traffic, shops	Forgive someone you've been holding a grudge against	Go outside for a soul soothing stroll in nature	Cook an extra meal for someone who'd appreciate it	Buy a few extra items at the supermarket and donate to a local food bank	Switch-off your devices and be present with friends and family	Be gentle with yourself, you're doing the best you can
16th	17th	18th	19th	20th	21st	22nd
Give a gift to your hardworking postal service worker	Check in on an elderly neighbour	Notice when you're being hard on yourself and be kind instead	Practice compassion when in a slow-moving queue	Shop locally and support independent businesses	Ooze positivity, it's 'Look on the Bright-side Day'	Dance around the house to your favourite festive tunes
23rd	24th	25th	<p>"Everywhere you go, leave a glitter trail of kindness behind you." - unknown</p>			Thank you for your kindness
Think of your own kindness act and do it!	Take some treats into your local care home or hospital	Have a wonderful day and remember: you are AMAZING				

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