

Kindness Calendar December 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Thank you for your kindness	1 Share this calendar to inspire kindness in others	2 Take 3 slow, deep breaths and notice how it makes you feel	3 Ask others "Are you OK?" and really listen to their reply	4 Give new socks to the homeless on 'National Sock Day'	5 Shop locally to support independent businesses	6 Dance around the house to your favourite happy music
	7 Let someone go in front of you in traffic or in a queue	8 Get back in touch with a friend you miss	9 Notice when you're being hard on yourself and be kind instead	10 Take time to appreciate someone who does something you take for granted	11 Be the one to shift a negative conversation into something positive	12 Buy a few extra items at the supermarket and donate to a local food bank
14 Say something positive to everyone you interact with	15 Forgive someone you've been holding a grudge against	16 Go outside for a soul soothing stroll in nature	17 Take supplies to a local animal shelter	18 Give a gift to your hardworking mail delivery worker	19 Practice compassion when in a slow-moving queue	20 Be gentle with yourself, you're doing the best you can
21 Radiate positivity, it's 'Look on the Bright-side Day'	22 Check in with an elderly relative or neighbour	23 Switch-off your devices today and be present with friends and family	24 Bake some festive treats for a neighbour	25 Have a wonderful day and remember you are AMAZING!	<p>"Everywhere you go, leave a glitter trail of kindness behind you." - author unknown</p>	

Download your free Kindness Calendar at maketodayhappy.co.uk ♥ Share your kindness experiences on [facebook.com/spreadingalittlekindness](https://www.facebook.com/spreadingalittlekindness)