

Kindness Advent Calendar 2023



1st	2nd	3rd
Share this calendar to inspire kindness in others	Practice compassion when in a slow-moving queue	Get festively crafty, it's 'Make a Gift Day'

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4th	5th	6th	7th	8th	9th	10th
Give new socks to the homeless on 'National Sock Day'	Resist the urge to check your phone when spending time with others	Do something that makes you laugh out loud	Put on your jazziest jumper or silliest sweater, it's 'Christmas Jumper Day'	Check in with an elderly relative or neighbour	Buy extra items at the supermarket and donate to a local food bank	Dance around the house to your favourite festive music
11th	12th	13th	14th	15th	16th	17th
Be the one to shift a negative conversation or gossip into something positive	Take time to appreciate someone who does something you take for granted	Take a slow deep breath every time you see something red or green	Let someone go in front of you in traffic	Give a gift to your hardworking mail delivery person	Shop locally and support independent businesses	Focus on all the good things you have in your life
18th	19th	20th	21st	22nd	23rd	24th
Ask others "Are you OK?" and really listen to their reply	Forgive someone you've been holding a grudge against	Go outside for a soul soothing stroll in nature	Radiate positivity, it's 'Look on the Bright-side Day'	Bake (or buy) some festive treats for someone who'll appreciate them	Enjoy a games night with family or friends	Notice when you're being hard on yourself and be kind instead

25th
Have a wonderful day and 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
★ ★ ★