













FRIDAY











Kindness Advent Calendar 2018

Be the one to

shift a negative

conversation

into something

positive

Share this calendar to inspire others to practice kindness too

Give others

your full

attention...put

down your phone

and be present

Dance around the house to your favourite happy music

Go outside for a

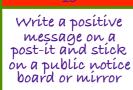
soul soothing

stroll in nature









Say something

positive to

everyone you

meet today

Smile at everyone today, including strangers!

Give new socks

to the homeless

on 'National

Sock Day'

Take time to appreciate someon'e who does something you

take for granted

cook an extra meal for someone who'd appreciate it

Offer to run

an errand for

someone who

needs help

Appreciate good service... smile and say thank you to everyone who serves you

Buy a few

extra items

and donate to a

local food bank

Give a thank you gift to your postie

Do something that makes you laugh out loud







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 slowmoving queue

Be gentle with yourself, you're dong the best you can



Take some festive treats into your local care home or hospital

Have a wonderful day! Remember, you are AMAZING

"Small acts, when multiplied by millions of people, can transform the world." - Howard zinn Thank you for your kindness

Download your free Kindness Advent Calendar at maketodayhappy.co.uk 🗘 Share your kindness experiences on facebook.com/spreadingalittlekindness























