















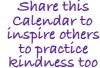








Kindness Calendar December 2018 Share this calendarto



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

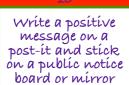
soul soothing

stroll in nature











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



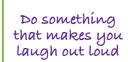
Buy a few

extra items

and donate to a

local food bank











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

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 Calendar at maketodayhappy.co.uk 🔘 Share your kindness experiences on facebook.com/spreadingalittlekindness





















