

Acts of Kindness Advent Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
December 2015		1 give someone a compliment	2 let someone in front of you in a queue	3 buy a friend or colleague a coffee	4 hold the door open for someone	5 give a friend or loved one your full attention
		6 donate a christmas present to a charity	7 tell a joke to make someone smile	8 do something kind for yourself	9 hide a happy note for someone to find	10 donate unwanted books to charity
12 get in touch with an old friend or relative	13 let a car in front of you in traffic	14 write or send a thank you note to someone	15 smile and thank someone who serves you	16 tell someone you love them	17 pay for a stranger's coffee	18 offer to help someone who needs help
19 feed the birds	20 donate unwanted clothes to charity	21 do something kind for yourself	22 think only positive thoughts all day long	23 give a treat to your postman/woman	24 have a wonderful christmas xxx	25 

"When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace." ~ The 14th Dalai Lama

Share your acts of kindness experiences at www.maketodayhappy.co.uk