| ٦ | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | - |
|----|---|--|---|--|--|--|---|---|
| į | | | | 1 | 2 | 3 | 4 | |
| , | Kindness Advent Calendar - December 2016 - | | | Share this Kindness Advent Calendar to encourage others to practice kindness this month | Surprise a friend with their favourite chocolate bar | Buy a few extra items during your supermarket shop and donate to a local food bank | Be kind to yourself - do something that makes you laugh out loud | 4 |
| | 5 | 6 | チ | 8 | 9 | 10 | 11 | ٦ |
| _ | Smíle at everyone today, including strangers | Offer to run an errand for someone who needs help | Sígn up to the organ donor regíster | Text, tweet or email a compliment to three people | Write a positive message on a post-it and put it on your work or a public mirror | Gíve someone your full attentíon - put down your phone and really lísten | Be kind to yourself - get outside for a soul soothing stroll in nature | |
| | 12 | 13 | 14 | 15 | 16 | 1ア | 18 | |
| | Let someone go in front of you in traffic or at the shops | Share posítíve posts on your socíal medía pages | Forgive someone you've been holding a grudge against | Write and send a thank you note to a teacher, friend, or loved one | Be the one to shift a negative conversation or gossip into something positive | Appreciate good service - smile and say thank you to everyone who serves you today | Be kind to yourself - dance around the house to your favourite happy music | |
| 10 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 1 |
| | Be positive all day long, say only nice things to yourself and to others | Take time to appreciate someone who does something you take for granted | write and leave a kind message for a loved one to find | Cheer someone up - ring or visit a lonely relative or neighbour just to say hello | Buy a lottery tícket and gíve ít to a fríend, loved one or stranger | Put your loose change in a charity box | Be kind to yourself - have a wonderful Christmas Day and remember you are AMAZING | |
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"Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love."- Lao Tzu