

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY  |
|---|--|--|---|---|---|---|
| <h1>December Kindness Calendar 2017</h1>              |  |  |   | 1   | 2   | 3   |
|   |  |  |   | Share this calendar to inspire kindness in others   | Offer to babysit or petsit someone who needs a night out          | List 10 things you're grateful for right now              |
| 4   | 5  | 6  | 7   | 8   | 9   | 10  |
| Give new socks to the homeless on 'National Sock Day' | Start a conversation with someone new  | Practice compassion when in a slow-moving queue          | Give someone a hug for a little bit longer and a little bit tighter | Take yummy treats into work or to your local emergency services on 'National Brownie Day' | Make up a food donation box and deliver it to those in need       | Create a happy playlist full of songs that make you smile |
| 11  | 12   | 13   | 14  | 15  | 16  | 17  |
| Tell others what a great job they're doing            | Say YES to EVERYTHING!!<br>(within reason, of course 😊)  | Be loud, be proud, it's wear your 'Christmas Jumper Day' | Tell someone all the reasons why you love them                      | Let someone go ahead of you in traffic  | Put your loose change into a charity donation box                 | Do something that makes you belly laugh                   |
| 18  | 19   | 20   | 21  | 22  | 23  | 24  |
| Forgive someone who's hurt you in the past            | Give out genuine compliments   | Take 10 minutes just for yourself                        | Radiate positivity, it's 'Look on the Bright-side Day'              | Pay for a stranger's coffee, lunch or shopping  | Spend time with someone who may be lonely over the festive season | Go for a soothing soul stroll in nature                   |
| 25  | <p>"Every ripple of kindness we release into the world has the potential to touch a life in a profound and lasting way."<br/>- author unknown</p> <p>#KindnessCalendar</p> <p>♡ Download your free Kindness Calendar at <a href="http://maketodayhappy.co.uk">maketodayhappy.co.uk</a> ♡</p> <p>♡ Share your kindness experiences on <a href="https://www.facebook.com/spreadingalittlekindness">facebook.com/spreadingalittlekindness</a> ♡</p> |  |   |   |   | <p>Thank you for your kindness</p> <p>☆☆♡☆☆</p>           |
| Have a fun day!                                       |  |  |   |   |   |   |

