Kindness Advent Calendar 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6
Thank you for your kindness	Share this Calendar to inspire kindness in others	Take 3 slow, deep breaths and notice how it makes you feel	Ask others "Are you OK?" and really listen to their reply	Give new socks to the homeless on 'National Sock Day'	Shop locally to support independent businesses	Dance around the house to your favourite happy music
7	8	9	10	11	12	13
Let someone go in front of you in traffic or in a queue	Get back in touch with a friend you miss	Notice when you're being hard on yourself and be kind instead	Take time to appreciate someone who does something you take for granted	Be the one to shift a negative conversation into something positive	Buy a few extra items at the supermarket and donate to a local food bank	Do something that makes you laugh out loud
14	15	16	17	18	19	20
Say something positive to everyone you interact with	Forgive someone you've been holding a grudge against	Go outside for a soul soothing stroll in nature	Take supplies to a local animal shelter	Give a gift to your hardworking mail delivery worker	Practice compassion when in a slow-moving queue	Be gentle with yourself, you're doing the best you can
21	22	23	24	25		
Radiate positivity, it's 'Look on the Bright-side Day'	Check in with an elderly relative or neighbour	Switch-off your devices today and be present with friends and family	Bake some festive treats for a neighbour	Have a wonderful day and remember you are AMAZING!	"Everywhere you go, leave a glitter trail of kindness behind you." — author unknown	

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