

★ Kindness Advent Calendar 2021 ★

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>"Tis the best time of the year To bring others extra cheer So let's brighten someone's day And in their hearts, and ours, it will stay</p> <p><small>words by helen</small></p>	1st	Share this calendar to inspire kindness in others	Buy a few extra items at the supermarket and donate to a local food bank	Get festively crafty, it's 'Make a Gift Day'	Give new socks to the homeless on 'National Sock Day'	Go outside for a soul soothing stroll in nature
6th	7th	8th	9th	10th	11th	12th
Forgive someone you've been holding a grudge against	Write a letter to a far-away friend or relative on 'Letter Writing Day'	Notice when you're being hard on yourself and be kind instead	Ask others "Are you OK?" and really listen to their reply	Put on your jazziest jumper/silliest sweater, it's 'Christmas Jumper Day'	Shop locally and support independent businesses	Dance around the house to your favourite festive music
13th	14th	15th	16th	17th	18th	19th
Be the one to shift a negative conversation into something positive	Appreciate someone who does something you take for granted	Take 3 slow, deep breaths and notice how it makes you feel	Check in with an elderly relative or neighbour	Let someone go in front of you in traffic	Practice compassion when in a slow-moving queue	Do something that makes you laugh out loud
20th	21st	22nd	23rd	24th	25th	Thank you for your kindness
Give a gift to your hardworking mail delivery person	Radiate positivity, it's 'Look on the Bright-side Day'	Be gentle with yourself, you're doing the best you can	Switch-off devices and be present with friends & family	Take some festive treats into your local emergency/ health services	Have a wonderful day and remember you are AMAZING	

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