

★ Kindness Advent Calendar 2022 ★

THANK YOU
FOR YOUR
KINDNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Yippee, the festive season is here once more Time to spread good cheer and kindness galore Let's take a moment to brighten someone's day And in their hearts, and ours, a warm glow will stay</p> <p>@words_by_helen</p>			1st	2nd	3rd	4th
			<p>Share this calendar to help inspire kindness in others</p>	<p>Buy a few extra grocery items and donate to a local food bank</p>	<p>Get festively crafty, it's 'Make a Gift Day'</p>	<p>Give new socks to the homeless on 'National Sock Day'</p>
5th	6th	7th	8th	9th	10th	11th
<p>Do something that makes you laugh out loud</p>	<p>Be the one to shift a negative conversation into something positive</p>	<p>Write a letter to a far-away friend or relative on 'Letter Writing Day'</p>	<p>Put on your jazziest jumper or silliest sweater, it's 'Christmas Jumper Day'</p>	<p>Check in with an elderly relative or neighbour</p>	<p>Shop locally and support independent businesses</p>	<p>Notice when you're being hard on yourself and be kind instead</p>
12th	13th	14th	15th	16th	17th	18th
<p>Let someone go in front of you in traffic</p>	<p>Forgive someone you've been holding a grudge against</p>	<p>Go outside for a soul soothing stroll in nature</p>	<p>Ask others: "Are you OK?" and really listen to their reply</p>	<p>Practice compassion when in a slow-moving queue</p>	<p>Bake (or buy) some festive treats for local emergency/health services</p>	<p>Dance around the house to your favourite festive music</p>
19th	20th	21st	22nd	23rd	24th	25th
<p>Take time to appreciate someone who does something you take for granted</p>	<p>Switch-off your devices and be completely present with others</p>	<p>Radiate positivity, it's 'Look on the Bright-side Day'</p>	<p>Take 3 slow, deep breaths and notice how it makes you feel</p>	<p>Give a thank you gift to your hardworking postal/mail delivery worker</p>	<p>Be gentle with yourself, you're doing the best you can</p>	<p>Have a wonderful day and remember you are ★ AMAZING ★</p>

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