


Kindness Calendar November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>The kindness of a stranger, is such a beautiful gift. So on World Kindness Day, give a stranger a lift. A smile, a compliment, let someone in front of you in a queue. It could make a big difference, and lift your spirits too. It may create a ripple, its impact reaching far. So on the 13th of November, be a kindness superstar!</p>				1st	2nd	3rd
				Share this calendar to inspire kindness in others	Help an elderly neighbour with a task, eg shopping	Savour a moment that brings you joy
4th	5th	6th	7th	8th	9th	10th
If someone is annoying you, remember they are fighting a battle too	Ask others about something they've enjoyed recently	Spend a few minutes listening to the birds	Gently encourage someone who needs it	Surprise someone with a small gift they'll love 'World Gift Day'	Buy second hand whenever possible	Plan 3 self-care activities you can do this week
11th	12th	13th	14th	15th	16th	17th
Wear odd socks to kick off 'Anti-Bullying Week'	Give others the benefit of the doubt	 World Kindness Day	Every hour, take 3 slow, deep breaths and notice how it makes you feel	Do a job a loved one doesn't like doing	Buy locally grown produce to support farmers	Make time to have some FUN!
18th	19th	20th	21st	22nd	23rd	24th
Write and leave kind notes for loved ones, friends or colleagues to find	Notice when you're feeling stressed and try a stress-relieving activity	Appreciate your food and all that it took for it to reach your plate	Smile and say "Hello" to everyone you see today 'World Hello Day'	Congratulate someone on a recent achievement	Switch off the TV and enjoy a games night instead	Write down 10 things you're grateful for, big or small
25th	26th	27th	28th	29th	30th	
Treat everyone you interact with as warmly as you would a friend, include yourself!	Call someone you've been meaning to catch up with	Do a daily routine task mindfully eg brushing teeth, washing dishes	Tell someone why you're thankful they're in your life	Turn 'Black Friday' into 'Kind Friday' 😊	Give away something you no longer need or use	Thank you for your kindness

Download your free Kindness Calendar at MakeTodayHappy.co.uk ❤️ Share your kindness stories and experiences on Facebook: Spreading A Little Kindness ❤️ Border by HCG