



# KINDNESS CALENDAR - DECEMBER 2017

“Be kind whenever possible. It is always possible” - Dalai Lama



## MONDAY

**4** Give money for each bed in your house to a homeless charity

**11** Do an act of kindness to help an older person

**18** Try out the art of positive gossiping!

**25** Find ways to be kind to yourself today!

## TUESDAY

**5** Count how many people you smile at today

**12** Offer hugs to your loved ones and friends

**19** Cook an extra meal and surprise someone with it

**26** Turn off digital devices and really listen to people

## WEDNESDAY

**6** Do something helpful for a friend or family member

**13** Give a compliment to as many people as possible today

**20** Thank people who do things for you but you may take for granted

**27** Get outside into nature and feed the birds today

## THURSDAY

**7** Pick up litter or leaves in your local neighbourhood

**14** Leave some money (with a happy note) for someone

**21** Offer to take a friend's dog out for a nice walk

**28** Forgive someone and look for their good points

## FRIDAY

**1** Encourage others to practice kindness: share this calendar

**8** Say something positive to everyone you meet today

**15** Pay it forward: pay for a stranger's hot drink in a cafe

**22** Give someone your place in a queue (in a shop or in traffic)

**29** Do a good deed to bring a smile to someone's day

## SATURDAY

**2** Make some homemade gifts to give away this Festive Season

**9** Buy some extra items and donate them to a local food bank

**16** Make a card or decoration for someone special

**23** Call a relative who is far away to say hello and have a chat

**30** Be kind to you: Take a walk and focus on nature's beauty

## SUNDAY

**3** Leave a happy note for someone else to find

**10** Give clothes, blankets or toys to others who may need them

**17** Take some supplies to a local animal shelter

**24** Give money to a good cause for every present you wrap

**31** Plan what extra acts of kindness you will do in 2018...

**ACTION FOR HAPPINESS**

[www.actionforhappiness.org](http://www.actionforhappiness.org)

Thank you to the many kind and creative people who inspired the ideas in this calendar :)