

# Acts of Kindness Advent Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
December 2015		1	2	3	4	5
		give someone a compliment	let someone in front of you in a queue	buy a friend or colleague a coffee	hold the door open for someone	give a friend or loved one your full attention
6	7	8	9	10	11	12
donate a christmas present to a charity	tell a joke to make someone smile	do something kind for yourself	hide a happy note for someone to find	donate unwanted books to charity	tape some money to a vending machine	smile at a stranger
13	14	15	16	17	18	19
get in touch with an old friend or relative	let a car in front of you in traffic	write or send a thank you note to someone	smile and thank someone who serves you	tell someone you love them	pay for a stranger's coffee	offer to help someone who needs help
20	21	22	23	24	25	
feed the birds	donate unwanted clothes to charity	do something kind for yourself	think only positive thoughts all day long	give a treat to your postman/woman	have a wonderful christmas xxx	

"When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace." ~ The 14th Dalai Lama

Share your acts of kindness experiences at [www.maketodayhappy.co.uk](http://www.maketodayhappy.co.uk)