



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

# Kindness Advent Calendar 2018

3

Say something positive to everyone you meet today

4

Give new socks to the homeless on 'National Sock Day'

5

Be the one to shift a negative conversation into something positive

6

Offer to run an errand for someone who needs help

7

Buy a few extra items and donate to a local food bank

8

Give others your full attention...put down your phone and be present

9

Go outside for a soul soothing stroll in nature

10

Write a positive message on a post-it and stick on a public notice board or mirror

11

Smile at everyone today, including strangers!

12

Take time to appreciate someone who does something you take for granted

13

Cook an extra meal for someone who'd appreciate it

14

Appreciate good service... smile and say thank you to everyone who serves you

15

Give a thank you gift to your postie

16

Do something that makes you laugh out loud

17

Let someone go in front of you in traffic or at the shops

18

Forgive someone you've been holding a grudge against

19

Give a compliment to as many people as you can

20

Spend time with someone who may be lonely over the festive season

21

Radiate positivity, it's 'Look on the Bright-side Day'

22

Practice compassion when in a slow-moving queue

23

Be gentle with yourself, you're doing the best you can

24

Take some festive treats into your local care home or hospital

25

Have a wonderful day! Remember, you are AMAZING

"Small acts, when multiplied by millions of people, can transform the world." ~ Howard Zinn

Thank you for your kindness

Download your free Kindness Advent Calendar at [maketodayhappy.co.uk](http://maketodayhappy.co.uk) ♥ Share your kindness experiences on [facebook.com/spreadingalittlekindness](https://facebook.com/spreadingalittlekindness)

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