













FRIDAY











## Kindness Advent Calendar 2018

Be the one to

shift a negative

Share this calendarto inspire others to practice kindness too

Give others

your full

attention...put

down your phone

and be present

Dance around the house to your favourite happy music

Go outside for a

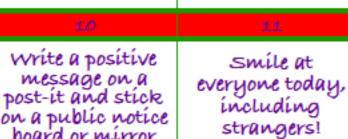
soul soothing

stroll in nature

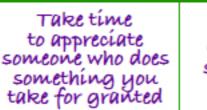


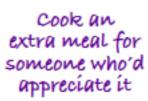












Offer to run

an errand for

someone who

needs help



Buy a few

extra ítems

and donate to a

local food bank

Give a thank you gift to your postie

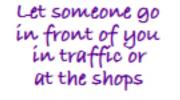
Do something that makes you laugh out loud











board or mirror

Forgive someone you've been holdina a grudge against

Give new socks

to the homeless

on 'National

Sock Day'

Give a compliment to as many people as you can

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

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

Practice compassion when in a slowmoving queue

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



Take some festive treats into your local care home or hospital

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 🛡 Share your kindness experiences on facebook.com/spreadingalittlekindness





















