

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2	3	4
Kindness Advent Calendar - December 2016 -			Share this Kindness Advent Calendar to encourage others to practice kindness	Surprise a friend with their favourite chocolate bar	Buy a few extra items during your supermarket shop and donate to a charity of your choice	Be kind to yourself - do something that makes you laugh out loud

5	6	7	8	9	10	11
Smile at everyone today, including strangers	Offer to run an errand for someone who needs help	Sign up to the organ donor register	Text, tweet or email a compliment to three people	Write a positive message on a post-it and put it on your work or a public mirror	Give someone your full attention - put down your phone and really listen	Be kind to yourself - get outside for a soul soothing stroll in nature
12	13	14	15	16	17	18
Let someone go in front of you in traffic or at the shops	Share positive posts on your social media pages	Forgive someone you've been holding a grudge against	Write and send a thank you note to a teacher, friend, or loved one	Be the one to shift a negative conversation or gossip into something positive	Appreciate good service - smile and say thank you to everyone who serves you today	Be kind to yourself - dance around the house to your favourite happy music
19	20	21	22	23	24	25
Be positive all day long, say only nice things to yourself and to others	Take time to appreciate someone who does something you take for granted	Write and leave a kind message for a loved one to find	Cheer someone up - ring or visit a lonely relative or neighbour just to say hello	Buy a lottery ticket and give it to a friend, loved one or stranger	Put your loose change in a charity box	Be kind to yourself - have a wonderful Christmas Day and remember you are AMAZING

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"Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love." - LAO TZU