

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Kindness Advent Calendar 2017				1	2	3
				Share this calendar to inspire kindness in others	Offer to babysit or petsit someone who needs a night out	List 10 things you're grateful for right now
4	5	6	7	8	9	10
Give new socks to the homeless on 'National Sock Day'	Start a conversation with someone new	Practice compassion when in a slow-moving queue	Give someone a hug for a little bit longer and a little bit tighter	Take yummy treats into work or to your local emergency services on 'National Brownie Day'	Make up a food donation box and deliver it to those in need	Create a happy playlist full of songs that make you smile
11	12	13	14	15	16	17
Tell others what a great job they're doing	Say YES to EVERYTHING!! (within reason, of course 😊)	Be loud, be proud, it's wear your 'Christmas Jumper Day'	Tell someone all the reasons why you love them	Let someone go ahead of you in traffic	Put your loose change into a charity donation box	Do something that makes you belly laugh
18	19	20	21	22	23	24
Forgive someone who's hurt you in the past	Give out genuine compliments	Take 10 minutes just for yourself	Radiate positivity, it's 'Look on the Bright-side Day'	Pay for a stranger's coffee, lunch or shopping	Spend time with someone who may be lonely over the festive season	Go for a soothing soul stroll in nature
25	"Every ripple of kindness we release into the world has the potential to touch a life in a profound and lasting way." - author unknown #KindnessCalendar ♡ Download your free Kindness Calendar at maketodayhappy.co.uk ♡ ♡ Share your kindness experiences on facebook.com/spreadingalittlekindness ♡					Thank you for your kindness ☆☆♡☆☆

Merry Christmas