



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Kindness Advent Calendar 2018

Share
Calendar
inspiration
to promote
kindness

3

4

5

6

7

Be the one to
stop a negative

Be the one to
stop a negative

Offer to run
an errand for
someone who

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

Give
your
attention
down you
and be

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

KIDS

Kindness Advent Calendar 2018

Share
Calendar
your friends
family
them to

5

6

7

Smile
all day long

Give toys you
no longer play
with to charity

Hide kind
notes for
others to find

Sit with
someone new
at lunchtime

Give out
free hugs
all day long

Tidy
bed
with