Kindness Calendar - December 2017

"Be kind whenever possible. It is always possible" - Dalai Lama

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Encourage others to practice kindness: share this calendar	**2** Make some homemade gifts to give away this Festive Season	**3** Leave a happy note for someone else to find
4 Give money for each bed in your house to a homeless charity	**5** Count how many people you smile at today	**6** Do something helpful for a friend or family member	**7** Pick up litter or leaves in your local neighbourhood	**8** Say something positive to everyone you meet today	**9** Buy some extra items and donate them to a local food bank	**10** Give clothes, blankets or toys to others who may need them
11 Do an act of kindness to help an older person	**12** Offer hugs to your loved ones and friends	**13** Give a compliment to as many people as possible today	**14** Leave some money (with a happy note) for someone	**15** Pay it forward: pay for a stranger's hot drink in a cafe	**16** Make a card or decoration for someone special	**17** Take some supplies to a local animal shelter
18 Try out the art of positive gossiping!	**19** Cook an extra meal and surprise someone with it	**20** Thank people who do things for you but you may take for granted	**21** Offer to take a friend's dog out for a nice walk	**22** Give someone your place in a queue (in a shop or in traffic)	**23** Call a relative who is far away to say hello and have a chat	**24** Give money to a good cause for every present you wrap
25 Find ways to be kind to yourself today!	**26** Turn off digital devices and really listen to people	**27** Get outside into nature and feed the birds today	**28** Forgive someone and look for their good points	**29** Do a good deed to bring a smile to someone's day	**30** Be kind to you: Take a walk and focus on nature's beauty	**31** Plan what extra acts of kindness you will do in 2018...

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Thank you to the many kind and creative people who inspired the ideas in this calendar :)