



# KINDNESS CALENDAR: DECEMBER 2019



## SUNDAY

**1** Encourage kindness. Share the Kindness Calendar with others

**8** Do something helpful for a friend or family member

**15** Visit an elderly neighbour and brighten up their day

**22** Invite over someone who would otherwise be alone

**29** Turn off digital devices and really listen to people

## MONDAY

**2** Support a charity, cause or campaign you really care about

**9** Be generous. Feed someone with food, love or kindness today

**16** Look for something positive to say to everyone you meet today

**23** Choose to give or receive the gift of forgiveness

**30** Let someone know how much you appreciated their gift

## TUESDAY

**3** Give kind comments to as many people as possible today

**10** Count your blessings: list the kind things others have done for you

**17** Thank people who do things for you but you may take for granted

**24** Offer spontaneous hugs to your loved ones and friends

**31** Plan what extra acts of kindness you will do in 2020...

## WEDNESDAY

**4** Listen wholeheartedly to others without judging them

**11** Give someone your place in a queue (in traffic or in a shop)

**18** Offer to help someone who is facing difficulties at the moment

**25** Treat everyone with kindness today, including yourself!

## THURSDAY

**5** Leave a positive message for someone else to find

**12** See how many different people you can smile at today

**19** Give away something that you have been holding on to

**26** Encourage others to join you outside and enjoy time in nature

## FRIDAY

**6** Notice when you're hard on yourself or others and be kind instead

**13** Buy some extra items and donate them to a local food bank

**20** Congratulate someone for an achievement that may go unnoticed

**27** Call a relative who is far away to say hello and have a chat

## SATURDAY

**7** Make gifts to give to people who are homeless or feeling lonely

**14** Share a happy memory or inspiring thought with a loved one

**21** Shop locally and support independent producers

**28** Be kind to the planet. Eat less meat and use less energy

**“Do your little bit of good where you are; those little bits together overwhelm the world” ~ Desmond Tutu**



**ACTION FOR HAPPINESS**

**#DoGoodDecember**

[www.actionforhappiness.org](http://www.actionforhappiness.org)

Your happiness is part of something bigger  Join the movement for a happier and kinder world