December Kindness 2021

**SUNDAY**
5. Give a gift to someone who is homeless or feeling lonely

**MONDAY**
6. Leave a positive message for someone else to find

**TUESDAY**
7. Give kind comments to as many people as possible today

**WEDNESDAY**
1. Spread kindness and share the December calendar with others
2. Contact someone you can’t be with to see how they are

**THURSDAY**
3. Offer to help someone who is facing difficulties at the moment
9. Notice when you’re hard on yourself or others and be kind instead

**FRIDAY**
4. Support a charity, cause or campaign you really care about
10. Listen wholeheartedly to others without judging them

**SATURDAY**
11. Buy an extra item and donate it to a local food bank
12. Be generous. Feed someone with food, love or kindness today

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

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

**15. Contact an elderly neighbour and brighten up their day

**16. Look for something positive to say to everyone you speak to

**17. Give thanks. List the kind things others have done for you

**18. Ask for help and let someone else discover the joy of giving

**19. Contact someone who may be alone or feeling isolated

**20. Help others by giving away something that you don’t need

**21. Appreciate kindness and thank people who do things for you

**22. Congratulate someone for an achievement that may go unnoticed

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

**24. Bring joy to others. Share something which made you laugh

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

**26. Get outside. Pick up litter or do something kind for nature

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

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

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

**30. Let someone know how much you appreciate them and why

**31. Plan some new acts of kindness to do in 2022

**ACTION FOR HAPPINESS**

Happier, Kinder, Together