



KINDNESS CALENDAR: DECEMBER 2020



MONDAY



7 Leave a positive message for someone else to find

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

21 Appreciate kindness and thank people who do things for you

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

TUESDAY

1 Share the Kindness Calendar with others and spread kindness

8 Do something helpful for a friend or family member

15 Contact an elderly neighbour and brighten up their day

22 Congratulate someone for an achievement that may go unnoticed

29 Turn off digital devices and really listen to people

WEDNESDAY

2 Contact someone you can't be with to see how they are

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

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

23 Choose to give or receive the gift of forgiveness

30 Let someone know how much you appreciate them and why

THURSDAY

3 Offer to help someone who is facing difficulties at the moment

10 Listen wholeheartedly to others without judging them

17 Practice gratitude. List the kind things others have done for you

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

31 Plan some new acts of kindness to do in 2021

FRIDAY

4 Give kind comments to as many people as possible today

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

18 Give away something that you have been holding on to

25 Treat everyone with kindness today, including yourself!

SATURDAY

5 Make a gift for someone who is homeless or feeling lonely

12 Buy an extra item and donate it to a local food bank

19 Buy locally and support independent shops near you

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

SUNDAY

6 Support a charity, cause or campaign you really care about

13 See how many different people you can smile at today

20 Contact someone who may be alone or feeling isolated

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

Let's look beyond our differences and help each other. Every act of kindness matters



ACTION FOR HAPPINESS

#DoGoodDecember



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/do-good-december

Keep Calm · Stay Wise · Be Kind