# Action Calendar – Do Good December 2023

## Do Good December - Day 1 Friday

Spread kindness and share the December calendar with others

## Do Good December - Day 2 Saturday

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

## Do Good December - Day 3 Sunday

Offer to help someone who is facing difficulties at the moment

## Do Good December - Day 4 Monday

Support a charity, cause or campaign you really care about

## Do Good December - Day 5 Tuesday

Give a gift to someone who is homeless or feeling lonely

## Do Good December - Day 6 Wednesday

Leave a positive message for someone else to find

## Do Good December - Day 7 Thursday

Give kind comments to as many people as possible today

## Do Good December - Day 8 Friday

Do something helpful for a friend or family member

## Do Good December - Day 9 Saturday

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

## Do Good December - Day 10 Sunday

Listen wholeheartedly to others without judging them

## Do Good December - Day 11 Monday

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

## Do Good December - Day 12 Tuesday

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

## Do Good December - Day 13 Wednesday

See how many different people you can smile at today

## Do Good December - Day 14 Thursday

Share a happy memory or inspiring thought with a loved one

## Do Good December - Day 15 Friday

Say hello to your neighbour and brighten up their day

## Do Good December - Day 16 Saturday

Look for something positive to say to everyone you speak to

## Do Good December - Day 17 Sunday

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

## Do Good December - Day 18 Monday

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

## Do Good December - Day 19 Tuesday

Contact someone who may be alone or feeling isolated

## Do Good December - Day 20 Wednesday

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

## Do Good December - Day 21 Thursday

Appreciate kindness and thank people who do things for you

## Do Good December - Day 22 Friday

Congratulate someone for an achievement that may go unnoticed

## Do Good December - Day 23 Saturday

Choose to give or receive the gift of forgiveness

## Do Good December - Day 24 Sunday

Bring joy to others. Share something which made you laugh

## Do Good December - Day 25 Monday

Treat everyone with kindness today, including yourself!

## Do Good December - Day 26 Tuesday

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

## Do Good December - Day 27 Wednesday

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

## Do Good December - Day 28 Thursday

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

## Do Good December - Day 29 Friday

Turn off digital devices and really listen to people

## Do Good December - Day 30 Saturday

Let someone know how much you appreciate them and why

## Do Good December - Day 31 Sunday

Plan some new acts of kindness to do in 2024