

December Kindness 2023

MONDAY



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

TUESDAY



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

WEDNESDAY



6 Leave a positive message for someone else to find

THURSDAY



7 Give kind comments to as many people as possible today

FRIDAY

1 Spread kindness and share the December calendar with others

SATURDAY

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

SUNDAY

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

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

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

13 See how many different people you can smile at today

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

15 Say hello to your 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 2024



ACTION FOR HAPPINESS

Happier · Kinder · Together

