# Action Calendar – Do Good December 2024

## Do Good December - Day 1 Sunday

Spread kindness and share the December calendar with others

## Do Good December - Day 2 Monday

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

## Do Good December - Day 3 Tuesday

Offer to help someone who is facing difficulties at the moment

## Do Good December - Day 4 Wednesday

Support a charity, cause or campaign you really care about

## Do Good December - Day 5 Thursday

Give a gift to someone who is homeless or feeling lonely

## Do Good December - Day 6 Friday

Leave a positive message for someone else to find

## Do Good December - Day 7 Saturday

Give kind comments to as many people as possible today

## Do Good December - Day 8 Sunday

Do something helpful for a friend or family member

## Do Good December - Day 9 Monday

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

## Do Good December - Day 10 Tuesday

Listen wholeheartedly to others without judging them

## Do Good December - Day 11 Wednesday

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

## Do Good December - Day 12 Thursday

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

## Do Good December - Day 13 Friday

See how many different people you can smile at today

## Do Good December - Day 14 Saturday

Share a happy memory or inspiring thought with a loved one

## Do Good December - Day 15 Sunday

Say hello to your neighbour and brighten up their day

## Do Good December - Day 16 Monday

Look for something positive to say to everyone you speak to

## Do Good December - Day 17 Tuesday

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

## Do Good December - Day 18 Wednesday

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

## Do Good December - Day 19 Thursday

Contact someone who may be alone or feeling isolated

## Do Good December - Day 20 Friday

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

## Do Good December - Day 21 Saturday

Appreciate kindness and thank people who do things for you

## Do Good December - Day 22 Sunday

Congratulate someone for an achievement that may go unnoticed

## Do Good December - Day 23 Monday

Choose to give or receive the gift of forgiveness

## Do Good December - Day 24 Tuesday

Bring joy to others. Share something which made you laugh

## Do Good December - Day 25 Wednesday

Treat everyone with kindness today, including yourself!

## Do Good December - Day 26 Thursday

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

## Do Good December - Day 27 Friday

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

## Do Good December - Day 28 Saturday

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

## Do Good December - Day 29 Sunday

Turn off digital devices and really listen to people

## Do Good December - Day 30 Monday

Let someone know how much you appreciate them and why

## Do Good December - Day 31 Tuesday

Plan some new acts of kindness to do in 2024