

December Kindness 2022

MONDAY



5 Look up at the sky and out into the world, breathe and admire nature that you see.

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

19 Sing your favourite song!

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

TUESDAY



6 Leave a positive message for someone else to find

13 See how many different people you can smile at today

20 Tell a friend your favourite thing about them.

27 Dance with your family and friends to your favourite song.

WEDNESDAY



7 Give kind comments to as many people as possible today

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

21 Appreciate kindness and thank people who do things for you

28 Go on a walk in your local community.

THURSDAY

1 Spread kindness and share the December calendar with others

8 Make someone your favourite meal to share.

15 Make a decoration for your home.

22 Congratulate someone for an achievement that may go unnoticed

29 Visit your local park and feed the ducks.

FRIDAY

2 Say a kind word & make someone feel good about themselves.

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 Do something you have never done before!

30 Let someone know how much you appreciate them and why

SATURDAY

3 Bake something for your family or friends.

10 Listen wholeheartedly to others without judging them

17 Make a gingerbread house.

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

31 Plan some new acts of kindness to do in 2023

SUNDAY

4 Try a new food.

11 Visit a coffee shop and have a warm drink.

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

25 Treat everyone with kindness today, including yourself!



ACTION FOR HAPPINESS

Happier · Kinder · Together

