

My Christmas Kindness Calendar

12 prompts to practise kindness during the festive season!

Day 1

Make sure you say thank you today.



Give someone a compliment.

Day 2

Day 3

Ask someone "Are you OK?"



Say something kind to yourself today.



Day 4

Day 5



Find something you are grateful for today.

Send a letter, card or email to someone.



Day 6

Do a random act of kindness today



Day 7



Day 8

Do something that helps the environment.

Tell someone a joke to make them laugh.



Day 9

Day 10

Help around the house today.



Tell a special person that you love them.

Day 11

Day 12

Make a point of really listening to someone today.

