

December 2020

SUN

MON

TUE

WED

THU

FRI

SAT

STOP & HELP
kindness exchange

1 **Speak to someone new today.**

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

3 **Tell 5 random people to have a good day today.**

4 **List the kind things others have done for you.**

5 **Turn off digital devices for one day.**

6 **Be kind to this planet, use less energy and try to recycle.**

7 **Share something which made you laugh.**

8 **Message someone you haven't in a while.**

9 **Make a card for someone.**

10 **Throw the trash out.**

11 **Do an activity you enjoy.**

12 **Compliment someone.**

13 **Make sure to go outside.**

14 **Draw a picture for someone.**

15 **Do a chore.**

16 **Write a list of things your grateful for.**

17 **Ask someone how their day was.**

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

19 **Make sure to go outside.**

20 **Tell someone 3 things you love about them.**

21 **Make sure to hold a door open for someone.**

22 **Teach someone something new.**

23 **Bake or cook something.**

24 **Do an activity you enjoy.**

25 **Donate a toy or book to a charity.**

26 **Compliment someone.**

27 **Do a chore.**

28 **Leave a happy note for someone to find.**

29 **Tidy your bedroom.**

30 **Make a card for someone.**

31 **Give a family member a hug.**



**December Kindness Calendar:
Colour each box as you complete the good deed!**

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