

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<h1>Kindness Advent Calendar</h1> <p>- December 2016 -</p>			1 Share this Kindness Advent Calendar to encourage others to practice kindness this month	2 Surprise a friend with their favourite chocolate bar	3 Buy a few extra items during your supermarket shop and donate to a local food bank	4 Be kind to yourself - do something that makes you laugh out loud
			5 Smile at everyone today, including strangers	6 Offer to run an errand for someone who needs help	7 Sign up to the organ donor register	8 Text, tweet or email a compliment to three people
12 Let someone go in front of you in traffic or at the shops	13 Share positive posts on your social media pages	14 Forgive someone you've been holding a grudge against	15 Write and send a thank you note to a teacher, friend, or loved one	16 Be the one to shift a negative conversation or gossip into something positive	17 Appreciate good service - smile and say thank you to everyone who serves you today	18 Be kind to yourself - dance around the house to your favourite happy music
19 Be positive all day long, say only nice things to yourself and to others	20 Take time to appreciate someone who does something you take for granted	21 Write and leave a kind message for a loved one to find	22 Cheer someone up - ring or visit a lonely relative or neighbour just to say hello	23 Buy a lottery ticket and give it to a friend, loved one or stranger	24 Put your loose change in a charity box	25 Be kind to yourself - have a wonderful Christmas Day and remember you are AMAZING

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"Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love." - Lao Tzu