

S	M	T	W	T	F	S
		1 share this calendar to spread kindness	2 notice when you are critical and be kind	3 go for a walk and smile at the people you see	4 send someone a card or write a surprise note	5 enjoy a bath, manicure or massage
6 plant a tree	7 ask someone how they feel and really listen	8 call someone who might be feeling alone	9 empty a drawer and refill thoughtfully	10 forgive yourself	11 tell someone (different) you love them	12 buy a gift from the person who made it
13 visit a beach or park and collect any litter	14 fix something that has long been broken	15 write Christmas cards for your neighbours	16 tell a parent what you like about their child	17 Get a fresh perspective with reengage	18 buy something extra for your local food bank	19 use your phone only to phone people
20 make clay or salt dough leaf decorations	21 do a job someone dislikes for them	22 tell a manager what one of their team did well	23 write thank you notes for the invisible gifts	24 set an intention for Christmas Day		

A Compassionate Christmas