S	М	Т	W	Т	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 <u>reengage</u>	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	*	* * *
	6 plant a tree 13 visit a beach or park and collect any litter 20 make clay or salt dough leaf	6 plant a tree ask someone how they feel and really listen 13 visit a beach or park and collect any litter 14 fix something that has long been broken 20 make clay or salt dough leaf decorations dislikes for	1 share this calendar to spread kindness 6 7 8 call someone who might be feeling alone 13 14 15 wrist a beach or park and collect any litter been broken 20 make clay or salt dough leaf decorations 21 22 tell a manager what one of their team did	share this calendar to spread kindness 6	Share this calendar to spread kindness A B 9 10 Plant a tree how they feel and really listen peach or park and collect any litter A Suisit a beach or park and collect any litter A Suisit a beach or park and collect any litter A Suisit a beach or park and collect any litter A Suisit a beach or park and collect any litter A Suisit a beach or park and collect any litter A Suisit a beach or park and collect any litter A Suisit a beach or park and collect any litter A Suisit a beach or park and collect any litter A Suisit a beach or park and collect any litter A Suisit a beach or park and collect any litter A Suisit a beach or park and collect any litter A Suisit a beach or park and collect any litter A Suisit a beach or park and collect any litter A Suisit a beach or park and collect any litter A Suisit a beach or park and collect any litter A Suisit a beach or park and really listen A Suisit and Suisit and Suisit and	1 share this calendar to spread kindness and be kind and smile at the people you see surprise note 6 7 8 9 10 11 tell someone who might be feeling alone and really listen and really listen and really listen and litter and collect any litter and collect any litter and litte

A Compassionate Christmas.**

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