



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27	28	29	30	01	02
03 Ask someone to play with you on the playground	04 Smile at everyone you see	05 Make a new friend / speak to someone new	06 Give someone a cuddle	07 Donate something to the local Food Bank	08 Be helpful to your friends	09 Share something with others
10 Pick a piece of rubbish up off the floor	11 Help someone who is stuck	12 Give a compliment	13 Tell a joke to cheer somebody up	14 Phone a relative you haven't seen for a while	15 Open a door for someone	16 Put some food out for animals in your garden
17 Write a thankyou note to somebody in your class	18 Let someone go in front of you in a line	19 Draw someone a picture / make someone a card	20 Do a secret act of kindness for someone	21 Teach somebody a new skill e.g dance, how to draw etc	22 Ask someone to play	23 Tidy a room in your house
24 Be helpful all day	25 Say thank you lots!	26	27	28	29	30
31	01	02	03	04	05	06

Kindness Advent Calendar

December 2018