




DAY 1


Thank someone you're grateful to and tell them why.

12 DAYS OF CHRISTMAS KINDNESS 



DAY 2

Find a way to 'pay it forward' today.

12 DAYS OF CHRISTMAS KINDNESS 



DAY 3

Notice 3 things you find beautiful in the outside world today.

12 DAYS OF CHRISTMAS KINDNESS 



DAY 4

Be kind to you.
Do something that brings you joy today.

12 DAYS OF CHRISTMAS KINDNESS 



DAY 5

Share a friendly smile with the people you see today.


12 DAYS OF CHRISTMAS KINDNESS 



DAY 6


Today do something to make life easier for someone else.


12 DAYS OF CHRISTMAS KINDNESS 



DAY 7


Ask a friend how they have been feeling recently.

12 DAYS OF CHRISTMAS KINDNESS 



DAY 8

Give generous assumptions today.

12 DAYS OF CHRISTMAS KINDNESS 



DAY 9

Find time for self care today.

12 DAYS OF CHRISTMAS KINDNESS 



DAY 10

Find out something new about someone you care about.

12 DAYS OF CHRISTMAS KINDNESS 



DAY 11

Leave a positive message for someone else to find.

12 DAYS OF CHRISTMAS KINDNESS 



DAY 12

Do something to give back to your local community.

12 DAYS OF CHRISTMAS KINDNESS 



12 DAYS OF CHRISTMAS KINDNESS

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