


Kindness Advent Calendar 2025

MONDAY	TUESDAY	WEDNESDA	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
share this calendar to inspire kindness in others	let someone in front of you in a queue	go for a walk in nature	give someone a genuine compliment	give a friend or loved one your full attention	donate a festive gift to a charity	tell a joke to make someone smile
8	9	10	11	12	13	14
do something kind for yourself	hide a happy note for someone to find	forgive someone you've been holding a grudge against	put some credit in a vending machine	smile at a stranger or two	get in touch with an old friend or relative	let a car in front of you in traffic
15	16	17	18	19	20	21
write or send a thank you note to someone	smile and thank someone who serves you	tell someone you love them	pay for a stranger's coffee	offer to help someone who needs help	enjoy a device-free couple of hours	donate unwanted clothes/books to charity
22	23	24	25		Thank you for your kindness	
do something extra kind for yourself	radiate positivity all day long	give a treat to your postal delivery worker	have a truly wonderful day xxx			

"When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace." ~ The 14th Dalai Lama

Share your acts of kindness experiences at www.maketodayhappy.co.uk and Facebook: Spreading A Little Kindness