24 DAYS OF KINDNESS

Cut along the dotted lines · fold · one for every morning in December

1

Say something kind out loud to someone who isn't expecting it.

2

"We rise by lifting others." Send it to someone who lifted you this year.

3

Write a note to a teacher, coach or nurse who made a difference.

4

Pick up three pieces of rubbish on your next walk. Three is enough.

5

Call the person you keep meaning to call.

6

Leave a good review for a small local business. It costs nothing and is worth a fortune to them.

7

Let someone in front of you in traffic and don't tell anyone.

8

"Kindness is free. Sprinkle it everywhere." Put it where you'll see it.

9

Give away something you haven't used all year.

10

Thank your postie, your bin crew or your checkout person by name.

11

Teach a child something you're good at. Twenty minutes is plenty.

12

Text someone having a hard year. Don't ask how they are — tell them you're thinking of them.

13

Donate something you already have to a local rescue. Nothing to spare? Share their post instead.

14

"Nobody has ever become poor by giving." — Anne Frank

15

Let the kids choose dinner and don't negotiate.

16

Pay a compliment to a stranger. Watch what it does to their day.

17

Put your phone in a drawer for one whole hour.

18

Ask someone older to tell you a story you've never heard.

19

Give someone your full attention for ten minutes. No phone, no half listening.

20

Forgive one small thing today. Out loud.

21

"Everything is possible. It just takes longer than you'd like."

22

Help someone carry something. Just offer.

23

Write down three things this year gave you, not three things it took.

24

Merry Christmas from our family to yours. Thank you for 24 days of kindness.