



A Month of Kindness in December

December 1	Spread Kindness. Share this calendar with others.
December 2	See how many different people you can smile at today.
December 3	Support a charity or cause that you really care about.
December 4	Buy locally and support shops near you.
December 5	Send someone a hand-written note.
December 6/7	Make a warm meal for someone in need.
December 8	Contact an elderly neighbor and brighten their day.
December 9	Give kind comments to as many people as possible today.
December 10	Leave a positive review for someone in the service industry.
December 11	Be a good listener today.
December 12	Leave positive notes in public places for others to find.
December 13/14	Volunteer at a local shelter, food bank, or community organization.
December 15	Hold the door open for someone today.
December 16	Do something nice for yourself.

December 17	Offer to teach someone a skill you excel at.
December 18	Reconnect with a loved one.
December 19	Be kind to animals today.
December 20/21	Turn off digital devices and spend quality time with yourself, friends or family.
December 22	Congratulate someone for an achievement that may go unnoticed.
December 23	Pay for someone else's coffee.
December 24	Buy extra grocery items and donate them to a food bank.
December 25	Let someone know how much you appreciate them and why.
December 26	Do something helpful for a friend or family member.
December 27/28	Send holiday cards or care packages to soldiers.
December 29	Contact someone who may be feeling alone or isolated.
December 30	Practice gratitude. List kind things others have done for you.
December 31	Plan new acts of kindness to do in 2025.
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