DECEMBER · FOR KIDS & GROWN-UPS



The Kindness *Calendar*

Thirty one small, kind things to do for someone else, one for every day in December.

THEUNEDITEDSISTERS.COM

BEFORE YOU START

Pass it on

Christmas gets busy fast, and most of what fills December is about our own house. This calendar points a little of that attention outward.

There are two calendars inside. One is for kids and families, with ideas little ones can do with you. The other is for grown-ups. Most take five minutes, and most are free.

merry christmas,

Stacy & Amanda

01 **PRINT IT**
Print the calendar pages and stick them on the fridge.

02 **READ IT AT BREAKFAST**
Check the day's idea together in the morning.

03 **SWAP IF YOU NEED TO**
Missed a day or the idea doesn't fit? Trade it for another one.

04 **TICK THE BOX**
Check off each day when it's done.

DECEMBER · FOR KIDS & FAMILIES

The Kindness Calendar

One small kind thing a day.
Tick the box when it's done.

1 ☐ Draw a picture for someone	**2** ☐ Hold the door for someone	**3** ☐ Bake for a neighbour	**4** ☐ Write a thank you note	**5** ☐ Compliment someone you love	**6** ☐ Call a grandparent or an older friend	**7** ☐ Donate a toy
8 ☐ Help shovel a neighbour's walk	**9** ☐ Make a card for your mail carrier	**10** ☐ Bring treats to a teacher or coach	**11** ☐ Fill the bird feeder or make one	**12** ☐ Visit someone who's alone	**13** ☐ Do a chore nobody asked you to	**14** ☐ Mail a Christmas card
15 ☐ Leave a kind note in a library book	**16** ☐ Pick food for the food bank	**17** ☐ Let someone go first	**18** ☐ Make cards for a care home	**19** ☐ Make a card for someone who's sick	**20** ☐ Share your favourite toy	**21** ☐ Help make supper
22 ☐ Say sorry or forgive someone	**23** ☐ Bring cookies to a fire hall	**24** ☐ Sing a carol for someone	**25** ☐ Tell someone why you love them	**26** ☐ Do something nice for someone at home	**27** ☐ Pick up litter on a walk	**28** ☐ Give away something you don't use
29 ☐ Make breakfast for someone	**30** ☐ Play with someone who's left out	**31** ☐ Thank someone for a kindness this year	*Our favourite one was* _____ _____			

DECEMBER · FOR GROWN-UPS

The Kindness Calendar

One small kind thing a day.
Tick the box when it's done.

1 ☐ Text someone you miss	**2** ☐ Pay for the coffee behind you	**3** ☐ Bake for a neighbour	**4** ☐ Write a real thank you note	**5** ☐ Compliment a stranger	**6** ☐ Call someone older who'd love to hear from you	**7** ☐ Donate to a toy drive
8 ☐ Shovel someone's walk	**9** ☐ Thank your mail carrier	**10** ☐ Leave a big tip	**11** ☐ Check in on a friend who's had a hard year	**12** ☐ Visit someone who's alone	**13** ☐ Send a note to an old teacher	**14** ☐ Mail a Christmas card
15 ☐ Leave a kind review for a small business	**16** ☐ Donate to the food bank	**17** ☐ Let someone go ahead in line	**18** ☐ Bring someone a coffee	**19** ☐ Thank a cashier by name	**20** ☐ Return someone's cart	**21** ☐ Make supper for a friend
22 ☐ Forgive someone	**23** ☐ Bring treats to a fire hall or nurses' station	**24** ☐ Call someone spending Christmas alone	**25** ☐ Tell someone why you love them	**26** ☐ Book a blood donation	**27** ☐ Pick up litter on a walk	**28** ☐ Give away something you don't use
29 ☐ Reach out to a friend you've drifted from	**30** ☐ Send a sweet text to someone you love	**31** ☐ Thank someone for a kindness this year	*Our favourite one was* _____ _____			



MERRY CHRISTMAS

From our family *to yours*

Tell us which one your family loved doing most. We want to hear about it.

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