

Kindness calendar

<input type="checkbox"/> Make someone smile	<input type="checkbox"/> Pick up some litter	<input type="checkbox"/> Hug someone in my bubble	<input type="checkbox"/> Send a positive message to a friend	<input type="checkbox"/> Ask someone how they are, listen to their response	<input type="checkbox"/> Take time to appreciate my friends and family
<input type="checkbox"/> Spend time outdoors	<input type="checkbox"/> Pray for others' families	<input type="checkbox"/> Ask a neighbour if they need anything	<input type="checkbox"/> Smile	<input type="checkbox"/> Help my bubble by getting some shopping/ putting it away	<input type="checkbox"/> Take the bins out
<input type="checkbox"/> Spend time with my pet or take time outside to listen to birds	<input type="checkbox"/> Make a member of my family a drink	<input type="checkbox"/> Pray for myself	<input type="checkbox"/> Call a family member	<input type="checkbox"/> Help with chores around the house	<input type="checkbox"/> Donate some books to charity
<input type="checkbox"/> Take a deep breath and count to 10 when something annoys me	<input type="checkbox"/> Dance to some music	<input type="checkbox"/> Talk to someone I haven't spoken to in a while	<input type="checkbox"/> Reflect on the last three weeks	<input type="checkbox"/> Help family or friends with a task	<input type="checkbox"/> Name three things I am grateful for today
<input type="checkbox"/> Listen to noise, listen to silence	<input type="checkbox"/> Think of a time when someone was nice to me	<input type="checkbox"/> Send someone a funny gif or message	<input type="checkbox"/> Make my own bed	<input type="checkbox"/> Go for a walk	<input type="checkbox"/> Do something kind for myself