# Action Calendar – Do Good December 2022

## Do Good December - Day 1 Thursday

Spread kindness and share the December calendar with others

## Do Good December - Day 2 Friday

Contact someone you can’t be with to see how they are

## Do Good December - Day 3 Saturday

Offer to help someone who is facing difficulties at the moment

## Do Good December - Day 4 Sunday

Support a charity, cause or campaign you really care about

## Do Good December - Day 5 Monday

Give a gift to someone who is homeless or feeling lonely

## Do Good December - Day 6 Tuesday

Leave a positive message for someone else to find

## Do Good December - Day 7 Wednesday

Give kind comments to as many people as possible today

## Do Good December - Day 8 Thursday

Do something helpful for a friend or family member

## Do Good December - Day 9 Friday

Notice when you're hard on yourself or others and be kind instead

## Do Good December - Day 10 Saturday

Listen wholeheartedly to others without judging them

## Do Good December - Day 11 Sunday

Buy an extra item and donate it to a local food bank

## Do Good December - Day 12 Monday

Be generous. Feed someone with food, love or kindness today

## Do Good December - Day 13 Tuesday

See how many different people you can smile at today

## Do Good December - Day 14 Wednesday

Share a happy memory or inspiring thought with a loved one

## Do Good December - Day 15 Thursday

Contact an older neighbour and brighten up their day

## Do Good December - Day 16 Friday

Look for something positive to say to everyone you speak to

## Do Good December - Day 17 Saturday

Give thanks. List the kind things others have done for you

## Do Good December - Day 18 Sunday

Ask for help and let someone else discover the joy of giving

## Do Good December - Day 19 Monday

Contact someone who may be alone or feeling isolated

## Do Good December - Day 20 Tuesday

Help others by giving away something that you don’t need

## Do Good December - Day 21 Wednesday

Appreciate kindness and thank people who do things for you

## Do Good December - Day 22 Thursday

Congratulate someone for an achievement that may go unnoticed

## Do Good December - Day 23 Friday

Choose to give or receive the gift of forgiveness

## Do Good December - Day 24 Saturday

Bring joy to others. Share something which made you laugh

## Do Good December - Day 25 Sunday

Treat everyone with kindness today, including yourself!

## Do Good December - Day 26 Monday

Get outside. Pick up litter or do something kind for nature

## Do Good December - Day 27 Tuesday

Call a relative who is far away to say hello and have a chat

## Do Good December - Day 28 Wednesday

Be kind to the planet. Eat less meat and use less energy

## Do Good December - Day 29 Thursday

Turn off digital devices and really listen to people

## Do Good December - Day 30 Friday

Let someone know how much you appreciate them and why

## Do Good December - Day 31 Saturday

Plan some new acts of kindness to do in 2023