

NOVEMBER 2023

Daily acts of kindness

Here are some suggestions of ways to be kind to yourself and others throughout the month.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | | | 1 Tell a joke to someone who could do with a laugh. | 2 Say you're sorry for something you did – and mean it. | 3 Pick up litter you walk past outside. | 4 Skip to somewhere you're going. |
| 5 Make a point of treating others with respect. | 6 Say 3 things you're grateful for. | 7 Do something you enjoy just for you.  | 8 Help a friend with something they need. | 9 Learn something new about something new to you. | 10 Invite a new person to join you.  | 11 Spend time with someone you miss. |
| 12 Tell someone why you are proud of them. | 13 Say hello to a neighbour. | 14 Dance just for the sake of dancing. | 15 Send a funny video to someone special. | 16 Give up your seat to a stranger. | 17 Take responsibility for your own actions. | 18 Send a thank-you note.  |
| 19 Limit your screen time. | 20 Stretch your body.  | 21 Say thank you. | 22 Write down 3 things you like about yourself. | 23 Drink water from a reusable bottle. | 24 Let someone go ahead of you in a queue. | 25 Have a video call with a loved one. |
| 26  Talk less and listen more. | 27 Applaud someone for a job well done. | 28 Tell someone they're right. | 29 Do your chores without complaining. | 30 Volunteer your time.  | | |

