the Heart Project

Holiday Kindness Challenge
~ December 2018 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Smile at everyone you talk to today!
2 Bake a sweet treat for a neighbour, colleague or friend.	**3** Give someone a genuine compliment to brighten their day!	**4** Send a text to someone you haven't talked to in awhile to let them know you're thinking of them.	**5** Give someone a hug.	**6** Think of someone who has inspired you or helped you and go out of your way to sincerely thank them for what they did.	**7** Send holiday cards - not just wishing people happy holidays but thanking them for being a part of your life this year!	**8** Find some toys, clothes, or household items to donate to the charity of your choice.
9 Create Ziplock "cheer" bags to distribute to homeless. Include items like water bottles, toothbrush, socks & granola bars	**10** Pick up litter and put it in the trash/recycling - it's important to be kind to the Earth too!	**11** Buy a coffee for the next person in line or in the drive through of your favourite local coffee shop	**12** Make a positive comment on a friend's social media site today	**13** Bring a box of donuts or other treat to the nurses station at your nearest hospital or medical centre	**14** Post sticky notes with kind messages like "have a wonderful day!" And you are beautiful" around your neighbourhood	**15** Collect old blankets and warm clothing from friends and family to distribute to the homeless.
16 Invite friends/family/ neighbours over for a potluck dinner	**17** Hold the door open for someone, give up your seat on the bus for someone and/or offer to carry someone's bags	**18** Say hello to someone you wouldn't normally say hi to, or who looks like they need to be cheered up.	**19** Leave a treat for the mailman and a note thanking him/her for all their hard work this year.	**20** Bake (or buy) some treats. Wrap them up individually and hand them out to people who make a difference in your life (like your Uber driver, bus driver, financial advisor, etc.	**21** Volunteer your time to a cause you care deeply about - serve a meal at your local soup kitchen, walk dogs, visit a nursing home, etc.	**22** Bring a small care package to someone stuck in hospital over Christmas
23 Do something special for a loved one like make their favourite breakfast or write them a letter telling them how much they mean to you.	**24** Call a friend or family member who you haven't talked to or seen for awhile to tell them you were thinking of them	**25** Record "Merry Christmas" videos for all your friends and family and send them via email, text message or social media messages.	**26** Register as an organ donor.	**27** Write and send thank you letters to anyone who gave you a gift this holiday season.	**28** Donate blood	**29** Buy a bunch of flowers and hand them out individually to strangers as you pass them on the street.
30 Be kind to yourself! Reflect on your favourite moments from the last year and write down what you are most grateful for.	**31** Wish everyone you see a Happy New Year!					

Thank you for your kindness!