



December 2020
Holiday Kindness Challenge

Make holiday cards	Hold the door for someone	Color or draw something holiday-ish	Donate to a good cause	Bring someone hot chocolate
Watch a holiday movie	Bake cookies for someone	Adopt a family for the holidays	Make your own ornaments	Tell someone you love them (and why!)
Sing holiday songs	Read a holiday story to someone	Help a furry friend or organization	Bake a cake for a local agency	Your blood is the best holiday gift for someone
Give positive social media shout outs	Decorate a door at work or at home	Volunteer for a good cause	Pay it forward	Make homemade decorations
Call an old friend	Have a game night in pajamas	Write a letter of gratitude	Share your gratitude letter	Use healthy substitutions for a recipe
Tape change to a vending machine	Let someone go ahead of you in line	Leave a happy note for someone to find	Smile at everyone you see today	Pick up litter
Feed the birds	Donate to a local food pantry	Do a secret act of kindness for someone	Give a friend a compliment	Give treats to the mail carrier



Try to complete as many squares as you can during the month of December. Evaluate how you feel at the end of the month after focusing on kindness. Give yourself 1 point for each thing you complete.