

#BM Family Christmas Calendar of Kindness

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



#BMBEKIND



REMEMBER TO TAG US!

1



Donate one or more items to a local food bank

2



Recommend a good TV show, podcast, music or book and share it!

3

Support the hospitality industry by writing an online review of a bar or restaurant you've visited this year

4

Offer to help a neighbour or friend. Is there anything you can do for them?

5



Be the first one to smile today whenever you meet others

6



Say thank you to someone for something they did for you a month ago

7



Donate unused coats, hats, scarves and warm socks to a homeless charity

8



Get crafty! Make something and post it on socials!

9



Stand back and let everyone else go first when getting on the bus or train

10



When you go shopping, ask the person serving you how they are

11



Bake off Sunday! Make something to share with a friend or neighbour

12



Pick up a piece of litter and dispose of it properly

13



Make a gratitude list and share it. Who and what are you grateful for today?

14



Leave a positive message for someone else to find

15



Donate pre-loved toys or books in good condition to a local charity shop

16

Write a thank you note for the people who deliver your post or empty your bins

17



Bring smiles to others. Share something that has made you laugh

18



Send someone a handwritten letter or postcard and say you are thinking of them

19



Let someone know how much you appreciate them and why

20



Give away something that you have been holding on to

21



Pay a compliment to everyone you speak to today

22



Share your favourite seasonal memories on social media

23



Call a friend or team member that you haven't spoken to recently and wish them happy Christmas

24



Tell special people in your life how much you appreciate them

25



Take a moment to find one thing to be grateful for