

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Happiness Hub SUNDAY



Leave a positive message for someone else to find

Give kind comments to as many people as possible today

**Make a thoughtful
gift as a surprise
for someone**

Donate unused items and clothes to a local charity

Give people the gift of your full attention

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

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

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

Help others by giving away something you don't need

Chose to give or receive the gift of kindness

Bring joy to others. Share something whihc made you laugh.

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

**Say thank you to
someone for
something they
have done for you**

Offer to help someone you know with DIY or a work project

Spend time with friends or relatives who need support or company

Volunteer in your community, such as helping at a school, hospital or care home

Give, lend or recommend a book to someone

**Let someone with
a few items cut in
front of you at
the supermarket**

**Give someone a
compliment
today**

Allow a car to pull out of a junction

Make someone a cup of tea, coffee or hot chocolate

Write a note of gratitude to a person you that has impacted your life

**Sign a petition on
a subject you
feel passionate
about**

Teach your children how they can give back to the world

Give someone a hug or show someone you care today

Give a local business some good feedback or leave them a review



December 2021 - GIVING