KISD SELF-CARE CALENDAR: DECEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Spread kindness and share the December calendar with others	**2** Contact someone you can't be with to see how they are	**3** Offer to help someone who is facing difficulties at the moment	**4** Support a charity, cause or campaign you really care about	**5** Give a gift to someone who is homeless or feeling lonely	**6** Leave a positive message for someone else to find	**7** Give kind comments to as many people as possible today
8 Do something helpful for a friend or family member	**9** Notice when you're hard on yourself or others and be kind instead	**10** Listen wholeheartedly to others without judging them	**11** Buy an extra item and donate it to a local food bank	**12** Be generous. Feed someone with food, love, or kindness today	**13** See how many different people you can smile at today	**14** Share a happy memory or inspiring thought with a loved one
15 Say hello to your neighbor and brighten up their day	**16** Look for something positive to say to everyone you speak to	**17** Give thanks. List the kind things others have done for you	**18** Ask for help and let someone else discover the joy of giving	**19** Contact someone who may be alone or feeling isolated	**20** Help others by giving away something that you don't need	**21** Appreciate kindness and thank people who do things for you
22 Congratulate someone for an achievement that may go unnoticed	**23** Choose to give or receive the gift of forgiveness	**24** Bring joy to others. Share something which made you laugh	**25** Treat everyone with kindness today, including yourself	**26** Get outside. Pick up litter or do something kind for nature	**27** Call a relative who is far away to say hello and have a chat	**28** Be kind to the planet. Eat less meat and use less energy
29 Turn off digital devices and really listen to people	**30** Let someone know how much you appreciate them and why	**31** Plan some new acts of kindness to do in 2025				

Always take care of yourself first ♥

Self-Care - What greater gift can you give to those you love than your own wholeness."

MENTAL WELLNESS MATTERS

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