



WORK KINDNESS ADVENT CALENDAR

There are so many opportunities in our everyday lives to show kindness and Christmas is a beautiful time to refresh our kindness repertoire. Each day choose something from the calendar below with your colleagues and cross it off. Post your random acts of kindness on social media (#KindnessCrew) to inspire others to join in.

Give a genuine COMPLIMENT to a colleague	Bring a treat to work TO SHARE	Send a "THANK YOU" note to a supplier	Listen intently when someone speaks... ALL DAY!	WRITE to someone who's made a difference in your career
Compliment SOMEONE to their boss	SMILE at everyone you pass today	Make CONVERSATION with a shy person	PAY FOR the next person's coffee at a cafe	Leave a GENEROUS tip
HOLD THE ELEVATOR and start a conversation	Stick INSPIRING quotes in the tearoom	Text someone just to say "GOOD MORNING"	Start a GRATITUDE board in your office	LEAVE A GIFT with a positive note for a co-worker
Send your CEO or CM an ENCOURAGING email	Bring a PLANT to work	Do a loving kindness MEDITATION (Google UNH meditation)	Be kind to YOURSELF today	SURPRISE your boss with a coffee
MAKE A POSTER with staff family photos for the lunch room	HIGHLIGHT A CHARITY each week on a whiteboard	Set up a WISHING TREE for a local charity	Visit randomactsofkindness.org FOR MORE IDEAS	THANK YOU May you have a wonderful Christmas filled with love and Kindness!

Kindness impacts our community in profound ways and plants the seeds that will make our world a more positive place for everyone. Helping others increases personal energy, decreases stress and improves feelings of self worth... in short **KINDNESS MATTERS!**

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