



Us Plus

Mental Health and Wellbeing


Bulletin 7

Hello everyone,

Here is the Action for Happiness 'Do Good' December calendar. This month focuses on doing good for others. Aim to try each day's suggestion!

Mrs Taylor


Remember that you can contact the TIS team at Penrice if you need to discuss any worries or anxieties you might be feeling. You can do this by emailing me at ktaylor@penrice.org.uk




KINDNESS CALENDAR: DECEMBER 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 7 Leave a positive message for someone else to find 14 Share a happy memory or inspiring thought with a loved one 21 Appreciate kindness and thank people who do things for you 28 Be kind to the planet. Eat less meat and use less energy	1 Share the Kindness Calendar with others and spread kindness 8 Do something helpful for a friend or family member 15 Contact an elderly neighbour and brighten up their day 22 Congratulate someone for an achievement that may go unnoticed 29 Turn off digital devices and really listen to people	2 Contact someone you can't be with to see how they are 9 Notice when you're hard on yourself or others and be kind instead 16 Look for something positive to say to everyone you speak to 23 Choose to give or receive the gift of forgiveness 30 Let someone know how much you appreciate them and why	3 Offer to help someone who is facing difficulties at the moment 10 Listen wholeheartedly to others without judging them 17 Practice gratitude. List the kind things others have done for you 24 Bring joy to others. Share something which made you laugh 31 Plan some new acts of kindness to do in 2021	4 Give kind comments to as many people as possible today 11 Be generous. Feed someone with food, love or kindness today 18 Give away something that you have been holding on to 25 Treat everyone with kindness today, including yourself!	5 Make a gift for someone who is homeless or feeling lonely 12 Buy an extra item and donate it to a local food bank 19 Buy locally and support independent shops near you 26 Get outside. Pick up litter or do something kind for nature	6 Support a charity, cause or campaign you really care about 13 See how many different people you can smile at today 20 Contact someone who may be alone or feeling isolated 27 Call a relative who is far away to say hello and have a chat

Let's look beyond our differences and help each other. Every act of kindness matters 

ACTION FOR HAPPINESS

#DoGoodDecember



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/do-good-december

Keep Calm · Stay Wise · Be Kind