

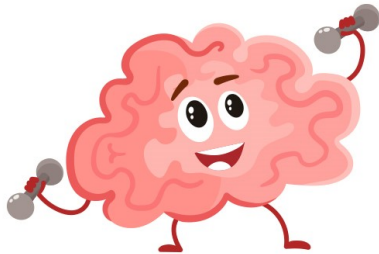


# My wellbeing journal



Name: \_\_\_\_\_

.....





# KINDNESS CALENDAR: DECEMBER 2020



MONDAY



**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

TUESDAY

**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

WEDNESDAY

**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

THURSDAY

**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

FRIDAY

**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!

SATURDAY

**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

SUNDAY

**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](http://www.actionforhappiness.org)

Learn more about this month's theme at [www.actionforhappiness.org/do-good-december](http://www.actionforhappiness.org/do-good-december)

Keep Calm · Stay Wise · Be Kind

Monday

Tuesday

Wednesday

Thursday

Friday

Today, I'm Feeling:



Notes: \_\_\_\_\_

\_\_\_\_\_

My goals for this week:



Today's random act of kindness...

My positive thought for the day...

**'Be who you are and say what you feel, because those who mind don't matter, and those who matter don't mind.'**

Rate the Day



Monday

Tuesday

Wednesday

Thursday

Friday

Today, I'm Feeling:



Notes: \_\_\_\_\_

\_\_\_\_\_



### Things I Am Grateful for Today

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### The Best Thing That Happened Today

Complete this at the end of the day!

My positive thought for the day...

### Rate the Day



Monday

Tuesday

Wednesday

Thursday

Friday



Today, I'm Feeling:



Notes: \_\_\_\_\_

\_\_\_\_\_

**Today I Want To:**

Draw or write the things you'd like to do today.

1.

2.

3.

Being Kind to Others

Think about a time when you have been kind to others. What did you do?

**Rate the Day**



My positive thought for the day...



"You never know what you can do until you try" ~ C. S. Lewis



Monday

Tuesday

Wednesday

Thursday

Friday



Today, I'm Feeling:



Notes: \_\_\_\_\_



### Good Things

Write or draw the things that are good in your life.

1.

2.

3.

Today's random act of kindness...

At home or at school



### The Best Thing That Happened Today

Complete this at the end of the day!

Quote of the Day

**'No act of kindness,  
no matter how small,  
is ever wasted.'**

Aesop

Rate the Day



Monday

Tuesday

Wednesday

Thursday

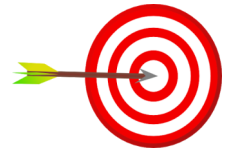
Friday

Today, I'm Feeling:



Notes: \_\_\_\_\_

Which goals have you achieved this week?



My positive thought for the day...

### Thinking Time

I am happy when...

I feel this way because...

I can feel this way more by...

### The Best Thing That Happened Today

Draw a picture to show this at the end of the day!

Healthy me, inside and out!



### Rate the Day



# MOODS & EMOTIONS WORD SEARCH

Find and circle all of the words that are hidden in the grid.  
The remaining 13 letters spell an additional word.

E A R R O G A N T S T E R G E R  
C M B M T D D L B S U L A X R Y  
I O R I A R U E U D U O U A G R  
T U I L T F A O R F U B V D R R  
N R G N Y T L N T A E B E R I O  
A N S O D A E E Q R C T I S E W  
R F J M E I R R A U E S A O F N  
F U C J E F F N E S I R P R U S  
L L O G G E T F N Y L L O J G S  
U E N R A P P R E C I A T I V E  
F N F U R O T M O R O S E R Y H  
N V I M T H L U F E E L G A R A  
R I D P U Z Z L E D A N G E R P  
O O E Y O S U O I R U C T F O P  
C U N M L A C H E E R F U L S Y  
S S T S U G S I D S S E N D A S

ANGER	EDGY	GRUMPY	OUTRAGE
APPRECIATIVE	ENVOIOUS	HAPPY	PUZZLED
ARROGANT	EXUBERANT	HOPE	REGRET
BITTER	FEAR	INDIFFERENT	SADNESS
CALM	FRANTIC	JEALOUS	SCARED
CHEERFUL	FRETFUL	JOLLY	SCORNFUL
CONFIDENT	GLAD	JOYFUL	SORRY
CURIOUS	GLEEFUL	MOROSE	SURPRISE
DISGUST	GRATEFUL	MOURNFUL	TRANQUIL
DUBIOUS	GRIEF	NERVOUS	WORRY