

DECEMBER 2019

SUNDAY

1
Make someone a homemade blanket or scarf



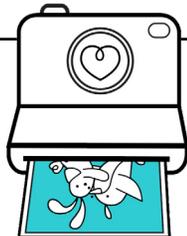
8
Offer to cook a meal for a family that just had a baby

15
Offer to help your neighbor shovel snow



22
Research a scientific topic that interests you

29
Offer to take a picture of a couple trying to take a selfie



MONDAY

2
Ask an acquaintance how their family celebrates the holidays

9
Remind yourself that everyone has their own struggles & cut someone some slack

16
Put candy canes on car doors in a parking lot



23
Invite someone whose family is faraway to have dinner with yours
Hanukkah

30
When you use a gift card, tell the cashier to apply the leftover balance to the next person in line

TUESDAY



3
Donate what you can to an online fundraiser
Giving Tuesday

10
Research a cause & pass on the knowledge you gain to others
Human Rights Day

17
Tell a manager about outstanding customer service



24
Call someone in your family you haven't seen in awhile
Christmas Eve

31
Reflect on everything you accomplished this year & take time to be grateful
New Year's Eve

WEDNESDAY

4
Reuse or personalize gift wrap to reduce waste during the holidays

11
Tie scarves around trees for a cold stranger



18
Donate toys to a children's hospital and/or homeless shelter

25
Give sincere, handwritten thank you notes to all that made your holiday special
Christmas

THURSDAY

5
Purchase something for someone in need on a public wishlist



12
Slip a \$5, \$10, or \$20 bill into a box of diapers

19
Re-fold the rumpled clothes on store display tables

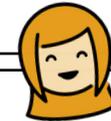


26
Take a picture with your family to send to an older relative
Kwanzaa

FRIDAY

6
Give a note from Santa to a child you know

13
Tidy up a store's dressing room before leaving



20
Be understanding of traveling parents with grumpy / noisy kids

27
Donate some of the presents you got but don't need to an orphanage



SATURDAY

7
Say yes to the cashier next time they ask if you want to donate \$1 to whichever cause

14
Leave a generous tip for your server



21
Start a conversation with a stranger while waiting in line

28
Compliment your neighbor's holiday lights and/or decorations