**December 2020: Caring Connections Calendar**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Cultivating**  **Caring connections** |  | 1  Donate to your favorite charity to celebrate [Giving Tuesday](https://www.globalgiving.org/giving-tuesday). | 2  Enjoy a  [self-compassion](https://self-compassion.org/exercise-2-self-compassion-break/) break this afternoon. | 3  Write [uplifting sticky notes](https://www.keepinspiring.me/uplifting-quotes-for-difficult-times/) to post at work or in your home. | 4  [Forgive](https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/forgiveness/art-20047692) someone who has hurt you. | 5  Sift through your stuff and [donate](https://www.cafonline.org/my-personal-giving/long-term-giving/resource-centre/five-reasons-to-give-to-charity) your surplus. |
| 6  Get out and try [forest bathing](https://www.forestholidays.co.uk/activities/forest-bathing/benefits) to unwrap the present. | 7  Send a [motivational song](https://www.youtube.com/watch?v=YUFs_1vKYlY) to someone. | 8  Mail those  year-in-review [holiday cards](https://blogs.scientificamerican.com/anthropology-in-practice/the-importance-of-holiday-cards/) to family & friends. | 9  Write a note to a [serviceman or woman](http://www.anysoldier.com/) on active duty. | 10  Make a [Smile Card](https://corneroncharacter.blogspot.com/2014/12/shine-on.html) and put it on someone’s car windshield. | 11  Host an  old-fashioned [singalong](https://www.youtube.com/watch?v=-idp8hup9-A&vl=en) through Zoom. | 12  Buy a few extra non-perishables to help restock  [pantry shelves](https://www.hunker.com/13419975/10-most-needed-items-for-a-food-pantry). |
| 13  Drive around and look with wonder at the [holiday lights](https://www.smithsonianmag.com/history/untangling-history-christmas-lights-180961140/). | 14  Deliver a [Sonic](https://www.limeadesforlearning.com/) (or another)  pick-me-up to a friend at work. | 15  Call someone to [say thanks](https://positivepsychology.com/benefits-gratitude-research-questions/) and remind them they are loved. | 16  Start a [gratitude journal](https://positivepsychology.com/gratitude-journal/) with 5 things you’re grateful for. | 17  Connect online to read a [holiday classic](https://www.scholastic.com/parents/books-and-reading/raise-a-reader-blog/best-christmas-books-for-children.html) to a class family. | 18  Take yourself through a  [body scan](https://www.verywellmind.com/body-scan-meditation-why-and-how-3144782) meditation. | 19  Make a batch of your favorite [holiday sweets](https://www.delish.com/holiday-recipes/christmas/g47/best-christmas-desserts/) to share. |
| 20  Treat yourself to a mood-elevating [gratitude walk](https://gratefulness.org/resource/treat-yourself-to-an-immune-boosting-mood-elevating-gratitude-walk/). | 21  Smile at and/or [wave](https://www.ignatianspirituality.com/waving-to-a-stranger/) to at least five people you don’t know yet. | 22  [Declutter a shelf](https://www.youtube.com/watch?v=wnjYg-bEIe8) and/or simplify a space in your house. | 23  Savor an online [chocolate meditation](https://www.verywellmind.com/practice-chocolate-meditation-3144784)  with a friend. | 24  Enjoy a [Hallmark Movie](https://www.hallmarkchannel.com/movies) or watch an old holiday classic. | 25  Reflect on your [religious holiday](https://www.calendarlabs.com/holidays/religious/) background and beliefs. | 26  Help a neighbor by raking leaves or [shoveling snow](https://corneroncharacter.blogspot.com/2012/02/empathy-and-snowblower.html). |
| 27  Treat yourself to a [gratitude meditation](https://ggia.berkeley.edu/practice/gratitude_meditation). | 28  Find and try out a new [mindful breathing exercise](https://corneroncharacter.blogspot.com/2018/02/living-mindfulness.html). | 29  Offer to take someone’s holiday tree to [be recycled](https://www.nbcnews.com/better/pop-culture/here-s-how-reuse-recycle-your-christmas-tree-after-holidays-ncna953161). | 30  Write a  year-end  [thank-you note to yourself](https://breathetogetheronline.com/mindful/thank-you-letter/). | 31  Set your 2021 intention by selecting your [One Word](https://www.youtube.com/watch?v=c9BVsdXp6BM). | **… despite**  **the**  **distance.** | ❤️  [corneroncharacter.com](https://corneroncharacter.blogspot.com/) |