

# December 2020: **Caring** Connections Calendar

| Sunday                                | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday   |  |
|---------------------------------------|---|--|---|--|---|--|--|
| <b>Cultivating caring connections</b> |   | 1<br>Donate to your favorite charity to celebrate <a href="#">Giving Tuesday</a> .     | 2<br>Enjoy a <a href="#">self-compassion</a> break this afternoon.                | 3<br>Write <a href="#">uplifting sticky notes</a> to post at work or in your home. | 4<br><a href="#">Forgive</a> someone who has hurt you.                            | 5<br>Sift through your stuff and <a href="#">donate</a> your surplus.  |  |
|                                       | 6<br>Get out and try <a href="#">forest bathing</a> to unwrap the present.      | 7<br>Send a <a href="#">motivational song</a> to someone.                              | 8<br>Mail those year-in-review <a href="#">holiday cards</a> to family & friends. | 9<br>Write a note to a <a href="#">serviceman or woman</a> on active duty.         | 10<br>Make a <a href="#">Smile Card</a> and put it on someone's car windshield.   | 11<br>Host an old-fashioned <a href="#">singalong</a> through Zoom.  | 12<br>Buy a few extra non-perishables to help restock <a href="#">pantry shelves</a> . |
|                                       | 13<br>Drive around and look with wonder at the <a href="#">holiday lights</a> . | 14<br>Deliver a <a href="#">Sonic</a> (or another) pick-me-up to a friend at work.     | 15<br>Call someone to <a href="#">say thanks</a> and remind them they are loved.  | 16<br>Start a <a href="#">gratitude journal</a> with 5 things you're grateful for. | 17<br>Connect online to read a <a href="#">holiday classic</a> to a class family. | 18<br>Take yourself through a <a href="#">body scan</a> meditation.  | 19<br>Make a batch of your favorite <a href="#">holiday sweets</a> to share.           |
|                                       | 20<br>Treat yourself to a mood-elevating <a href="#">gratitude walk</a> .       | 21<br>Smile at and/or <a href="#">wave</a> to at least five people you don't know yet. | 22<br><a href="#">Declutter a shelf</a> and/or simplify a space in your house.    | 23<br>Savor an online <a href="#">chocolate meditation</a> with a friend.          | 24<br>Enjoy a <a href="#">Hallmark Movie</a> or watch an old holiday classic.     | 25<br>Reflect on your <a href="#">religious holiday</a> background and beliefs.  | 26<br>Help a neighbor by raking leaves or <a href="#">shoveling snow</a> .             |
|                                       | 27<br>Treat yourself to a <a href="#">gratitude meditation</a> .                | 28<br>Find and try out a new <a href="#">mindful breathing exercise</a> .              | 29<br>Offer to take someone's holiday tree to <a href="#">be recycled</a> .       | 30<br>Write a year-end <a href="#">thank-you note to yourself</a> .                | 31<br>Set your 2021 intention by selecting your <a href="#">One Word</a> .        | <p><b>... despite the distance.</b></p>  <p><a href="http://corneroncharacter.com">corneroncharacter.com</a><br/><a href="https://twitter.com/BarbaraGruener">@BarbaraGruener</a></p> |  |