



## Advent Calendar of Kindness Quotes

'No act of kindness, no matter how small, is ever wasted.' – A  O2 'Give yourself some kindness today until you're filled and pass  — Lori Hill  O3 'A little madness a little kindness makes for happiness.' – Nindness  — Johnson  O4 'No one has ever become poor by giving.' — Anne Frank  Dec 'Kindness extended, received, or observed beneficially impact  physical health and feelings of everyone involved.' – Wayne  O6 'Be mindful. Be grateful. Be positive. Be true. Be kind.' — Ro  Bennett  O7 'True beauty is born through our actions and aspirations and in	it on.'
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07 'True beauty is born through our actions and aspirations and i	
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Dec kindness, we offer to others.' – Alek Wek	
'Always try to be a little kinder than is necessary.' — J.M. Ba	rrie
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09 'Human kindness has never weakened the stamina or softene	d the
Dec fibre of a free people. A nation does not have to be cruel to	be
tough.' – Franklin D. Roosevelt	
'But remember, boy, that a kind act can sometimes be as pow	erful/
Dec as a sword.'— Rick Riordan	
'Compassion isn't about solutions. It's about giving all the love	that
Dec you've got.' —Cheryl Strayed	
'We can all fight against loneliness by engaging in random ac	ts of
Dec kindness.' – Gail Honeyman	
13 'Your acts of kindness are iridescent wings of divine love, wl	nich
Dec linger and continue to uplift others long after your sharing' -	₹umi
'Education teaches us compassion and kindness, connection	ı to
Dec others.' – Jill Biden	
15 'Never lose a chance of saying a kind word.' — William Make	eace
<u>Dec</u> Thackeray	
16 'A warm smile is the universal language of kindness.' – Willi	am
Dec Arthur Ward	
17 'Sometimes it takes only one act of kindness and caring to cha	
Dec person's life.' – Jackie Chan	nge a

18	'Do your little bit of good where you are; it's those little bits of good
Dec	put together that overwhelm the world.' – Desmond Tutu
19	'Kindness can become its own motive. We are made kind by being
Dec	kind.' – Eric Hoffer
20	'Always have a willing hand to help someone, you might be the only
Dec	one that does.' – Roy T. Bennett
21	'Goodness is about character – integrity, honesty, kindness,
Dec	generosity, moral courage, and the like. More than anything else, it
	is about how we treat other people.' – Dennis Prager
22	'Kindness begins with the understanding that we all struggle.' –
Dec	Charles Glassman
23	'Extend yourself in kindness to other human being wherever you
Dec	can.' – Oprah Winfrey
24	'For it is in giving that we receive.' – Francis of Assisi
Dec	
25	'Spread love everywhere you go. Let no one ever come to you
Dec	without leaving happier.' —Mother Teresa

