

JANUARY



SocialLed

Connection Calendar

You can access our free guides and workshops or sign up to our newsletter by visiting our website - www.social-led.org.uk

MON	TUE	WED	THU	FRI	SAT	SUN
				1. Look ahead and plan who you will plan to be in touch with	2. Send a friend or colleague a message of gratitude.	3. Smile at someone as you go about your business - don't mind the response!
4. Invite someone to do an activity with you.	5. Sit in a coffee shop and read but make eye contact with others.	6. Phone a distant friend or family member that might be lonely.	7. Ask someone to help you with something.	8. Offer to help a stranger.	9. Leave a kind note for someone who needs a boost.	10. Give someone a compliment.
11. Buy someone a gift and donate it.	12. Give someone a hug.	13. Meet up with someone.	14. Make uninterrupted time for your loved ones.	15. Phone a colleague that you don't speak to much anymore.	16. Look for something good in everyone you meet/ talk to today.	17. Share this calendar for someone to use themselves.
18. Pick up some rubbish in a public park.	19. Donate some food, clothes or money to a local charity.	20. Ask someone if they need some help.	21. Do something to make someone else's life easier.	22. Turn off your phone and give everyone your full attention.	23. No plans day! Be entirely kind to yourself.	24. Write a kindness on a rock and leave it for someone to find.
25. Join a club.	26. Reach out to someone you haven't spoken to for a long time.	27. Say hello to a stranger.	28. Send someone a hug voucher to cash in.	29. Feed the birds.	30. Smile at everyone you see today.	31. Write yourself a staying connected plan for the new year.