

# CHRISTMAS KINDNESS ADVENT CALENDAR

1 Give a loved one a big hug

2 Make your bed

3 Tidy up a shared space

4 Make a Christmas card for a friend

5 Invite someone new to play with you

6 Offer to do the washing up

7 Tell a friend why you think they're amazing

8 Pick up and throw away some litter in the playground

9 Tell someone a joke to make them laugh

10 Write down 3 things you are grateful for

11 Ask someone if they've had a good day - and listen to their answer

12 Write down 3 ways you have been a good friend this year

13 Sing someone a festive song

14 Hold a door open for the person behind you

15 Draw a picture for someone

16 Tell someone you love them

17 Make a Christmas gift for someone special

18 Feed the birds

19 Write a thank you card for someone who has helped you

20 Offer to help prepare a meal

21 Write down 3 things you love about yourself

22 Give someone a compliment

23 Hide a kind note for someone to surprise them

24 Write down 3 things that make you smile

25 Wish someone a Merry Christmas!

"SOMETIMES MIRACLES ARE JUST GOOD PEOPLE WITH KIND HEARTS"