

Kindness Advent Calendar 2024

1st

Share this Calendar with your friends and family to inspire them to join in

8							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	2nd	3rd	4th	5th	6th	7th	8th
	Invite someone who's alone to join in your game	Ask your teacher if you can help them with a task	Give out free hugs to everyone in your household	Write a thank you note to someone who has done something nice for you	Turn off the water while brushing your teeth	Read a book to someone in your family	Make Christmas cards for your family
	9th	10th	11th	12th	13th	14th	15th
	Tell funny jokes to make everyone laugh	Pick up playground litter - with gloves or a litter-picker	Tell each of your classmates one thing you really like about them	Let someone go first in a game	Make your teacher a thank you card	Give toys you no longer play with to charity	Go for a walk in nature with your family
	16th	17th	18th	19th	20th	21s†	22nd
	Smile all day long	Sit with someone new at lunchtime	Feed your pet or the birds	Video call or speak to an elderly relative	Put your devices away and play a board game with your family	Ask your parent/s if you can help them with anything	Switch off your electronic games and play outside
	23rd	24th	25th	Yippee, the festive season is here once more Time to spread good cheer and kindness galore Let's take a moment to brighten someone's day And in their hearts, and ours, a warm glow will stay - @words_by_helen			
	Tidy your bedroom without being asked	Think of your own kindness act and do it!	Have a brilliant day, and remember you are AMAZING				

Download your free Kindness Calendar at MakeTodayHappy.co.uk \heartsuit Share your kindness stories and experiences on Facebook: Spreading A Little Kindness \heartsuit Border by HCG