

KIDS

Kindness Advent Calendar 2023

				1st	2nd	3rd
				Share this Calendar with your friends/family and encourage them to join in	Write a thank you note to someone who has done something nice for you	Make Christmas cards for your family
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4th	5th	6th	7th	8th	9th	10th
Sit with someone new at lunchtime	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	Smile all day long	Video call or telephone an elderly relative	Go for a walk in nature with your family
11th	12th	13th	14th	15th	16th	17th
Ask your teacher if you can help them with a task	Invite someone who's alone to join in your game	Turn off the water while brushing your teeth	Make your teacher a thank you card	Read a book to someone in your family	Switch off your electronic games and play outside	Ask your parent/s if you can help them with anything
18th	19th	20th	21st	22nd	23rd	24th
Give out free hugs to everyone in your household	Give toys you no longer play with to charity	Feed your pet or the birds	Tidy your bedroom without being asked	Tell funny jokes to make everyone laugh	Put your devices away and play a board game with your family	Think of your own kindness act and do it!
25th	 <p>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</p> <p>@words_by_helen</p>					★ ★ ★ Thank you for your kindness ★ ★ ★
Have a brilliant day and remember you are AMAZING						

Download your free Kindness Calendar at [MakeTodayHappy.co.uk](https://www.MakeTodayHappy.co.uk) ♥ Share your kindness experiences on [Facebook.com/SpreadingaLittleKindness](https://www.facebook.com/SpreadingaLittleKindness)