

KIDS

Kindness Advent Calendar 2019

1st

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|--|--|---|
| 2nd | 3rd | 4th | 5th | 6th | 7th | 8th |
| Give out free hugs all day long | Pick up playground litter - with a litter-picker or with gloves on | Go for a walk in nature with your family | Tell each of your classmates one thing you really like about them | Turn off the water while brushing your teeth | Play a board game with your friends or family | Make Christmas cards for your family |
| 9th | 10th | 11th | 12th | 13th | 14th | 15th |
| Tell funny jokes to make everyone laugh | Sit with someone new at lunchtime | Let someone go first in a game | Write a thank you note to someone who has done something nice for you | Give toys you no longer play with to charity | Tidy your bedroom without being asked | Switch off your electronic games and play outside |
| 16th | 17th | 18th | 19th | 20th | 21st | 22nd |
| Smile all day | Ask your teacher if you can help them with a task | Invite someone who's alone to join in your game | Make your teacher a 'thank you' card | Read a book to someone in your family | Ask your parent/s if you can help them with anything | Feed your pet or the birds |
| 23rd | 24th | 25th | <p>"Be a little kinder than you have to." - E. Lockhart</p> | | | Thank you for your kindness |
| Think of your own kindness act and do it! | Visit an elderly neighbour or relative | Have a brilliant day and remember: you are AMAZING! | | | | |

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