

FOR KIDS

Kindness Advent Calendar 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Thank you for your kindness	1 Share this calendar with your friends and family and ask them to join in	2 Let someone go first in a game	3 Tell each of your classmates one thing you really like about them	4 Pick up playground litter - with gloves or a litter-picker	5 Write a thank you note to someone who has done something nice for you	6 Go for a walk in nature with your family
	7 Give out free hugs to everyone in your household, and don't forget to hug yourself!	8 If you're able to, sit with someone new at lunchtime	9 Smile all day long	10 Tidy your bedroom without being asked	11 Ask your teacher if you can help them with a task	12 Play a board game with your family
14 Invite someone who's alone to join in your game	15 Tell funny jokes to make everyone laugh	16 Feed your pet or the birds	17 Make your teacher a thank you card	18 Give toys you no longer play with to charity	19 Ask your parent/s if you can help them with anything	20 Switch off your electronic games and play outside
21 Turn off the water while brushing your teeth	22 Read a book to someone in your family	23 Video call or speak to an elderly relative	24 Think of your own kindness act and do it!	25 Have a brilliant day, and remember you are AMAZING!	"Everywhere you go, leave a glitter trail of kindness behind you." - author unknown	

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