

FOR KIDS

# Kindness Advent Calendar 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
"If we are kind and polite, the world will be right." <small>Paddington Bear</small>		1st Share this calendar with your friends and family to inspire them to join in	2nd Tell each of your classmates one thing you really like about them	3rd Tidy your bedroom without being asked	4th Switch off your electronic games and play outside	5th Go for a walk in nature with your family
6th Smile all day	7th Invite someone who's alone to join in your game	8th Tell funny jokes to make everyone laugh	9th Pick up playground litter - with gloves or a litter-picker!	10th Make your teacher a thank you card	11th Give out free hugs to everyone in your household	12th Ask your parent/s if you can help them with anything
13th Let someone go first in a game	14th Read a book to someone in your family	15th Sit with someone new at lunchtime	16th Ask your teacher if you can help them with a task	17th Give toys you no longer play with to charity	18th Play a board game with your family	19th Make Christmas cards for your family
20th Think of your own kindness act and do it!	21st Feed your pet or the birds	22nd Write a thank you note to someone who has done something nice for you	23rd Turn off the water while brushing your teeth	24th Video call or speak to an elderly relative	25th Have a brilliant day, and remember you are AMAZING	Thank you for your kindness

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