



\*\* 2023 \*\*

# ADVENT CALENDAR FOR *Kindness*

# CHRISTMAS

Put forward an intention of being kind

5

Heartfully compliment someone

Buy a coffee for the next person

Donate something to a charity

Give a big smile to a stranger

6

Offer tight hugs to friends

Cook a special meal for families

Send love messages to love ones

Help others without being asked

Write a thank you note to someone

15

Be kind in what you say to yourself

Pay attention to emotions expressed

Say sorry to someone from heart

Treat self a loving massage

Being grateful the whole day

Make a kind wish for someone

16

Express thank you to others

Take time to listen to someone

Notice all kind actions today

Say to others your appreciation

24

Admire self for being kind

25

Encourage someone or oneself

22

Share food with friends or siblings

Make someone laugh



We wish you and your family a joyful holiday season!

21