



P7 Kindness Advent Calendar 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	25 Make your own bed everyday till Christmas day and beyond!	26 Say 'hi' to someone new.	27 Give five compliments.	28 Help someone before they ask.	29 Share a happy story with someone.	30 Write a thank you note.
1 Make something for someone: cake, card, coffee.	2 Compliment someone - make them feel great.	3 Say something nice to everybody you meet today.	4 Call someone who would appreciate your call.	5 Speak to a new person.	6 Pass on a smile to as many people as you can.	7 Write someone a letter.
8 Do a chore for someone at home.	9 Hold a door open for someone.	10 Donate an unwanted item to charity.	11 Choose a kindness quote and share it.	12 Make a card for someone who would appreciate it.	13 Appreciate those who serve us by saying thank you.	14 Write a note for a loved one.
15 Offer to help with chores around the house.	16 Play with someone new.	17 Let someone go before you in line.	18 Take the bins out for collection day.	19 Do something nice, but don't tell anyone.	20 Sit with someone new at lunch.	21 Be extra kind to your siblings or parents.
22 Make breakfast, lunch or dinner for you family.	23 Tell someone how much you love them.	24 Pop into visit a neighbour or friend.	25 Have a long lie! 			

