

# ADVENT OF KINDNESS 2022

In this challenging year, here are 25 ideas to bring a little more kindness into the world in the run-up to Christmas



- 1 Start a happiness jar for December and write down one thing each day that has made you happy.
- 2 Write a letter or draw a picture for someone who might be feeling lonely.
- 3 Put on some gloves, grab a carrier bag, go for a walk and pick up as much litter as you can.
- 4 Do a Christmas quiz with your friends.
- 5 Find five minutes to help someone out today.
- 6 At the end of the day write down three positive things that have happened.
- 7 Make a playlist of your favourite Christmas songs and share it with your friends.
- 8 Set up an obstacle course and see how quickly you can do it.
- 9 Learn three new facts and share them with your friends.
- 10 Give some love to your postie and bin collection team and draw thank you posters to put up.
- 11 Take time to think about what you have done this year that you are really proud of.
- 12 Write a Christmas card to someone you wouldn't usually send one to.
- 13 Try making a giant Santa on the floor with household items (remember to clear up after!).
- 14 Make some Christmas tree decorations.
- 15 Make a small gift and give it to someone who won't be expecting it.
- 16 Try a blindfold taste test of various Christmas foods – really concentrate on the flavours and textures.
- 17 Talk about your family Christmas traditions with your friends and see if anyone else does the same.
- 18 Put on your favourite song and dance like no one is watching.
- 19 Design and make a board game you can play with your friends and family.
- 20 Pay someone a compliment.
- 21 Take some quiet time out to do some colouring in.
- 22 Spend five minutes doing some stretches today.
- 23 Have a video call with someone you haven't seen for a while.
- 24 Perform three acts of kindness during the day.
- 25 Enjoy giving, enjoy receiving – happy Christmas!

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