

The **Be Kind & Do Good** Advent Calendar

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 Make a special family Christmas Activity List for December	2 Pick up litter around your house	3 Chat about your week and talk about kind choices you made this week	4 Take a family walk and find 5 beautiful things	5 Offer to help someone else with a task / chore
6 Write down 3 things you are really good at	7 Donate food to the local food bank	8 Write a thank-you note to someone who helps you learn	9 Tell a funny joke to someone	10 Give compliments to 5 friends today	11 Plan and make a family meal together	12 Think of 5 ways to show respect in your family
13 Send a voicenote to someone special to encourage them this week	14 Give someone you love a tight hug	15 Compliment someone who's being brave or doing something difficult.	16 Donate your old toys / clothes to charity	17 Play a family board game together	18 Watch a family movie featuring courage and bravery	19 Go on a family Christmas Lights Scavenger Hunt
20 Bake cookies for friends or neighbours	21 Go around the table and say what makes each family member special	22 Arrange a fun quiz over Zoom with family or friends	23 Talk about the special traditions in your family	24 Be helpful ALL DAY to prepare for Christmas Day		