



25 Days of Christmas Acts of Kindness

ADVENT CALENDAR

Spread kindness! Light up December by doing an act of kindness for yourself and others each day.



1 Compliment three people today and make their day brighter.	2 Let someone go ahead of you in a queue	3 Take a relaxing bath with your favourite essential oils or bath bombs.	4 Leave a kind note or message for someone to find.	5 Hold the door open for someone
6 Support a local small business	7 Create a list of three things you are grateful for.	8 Call or message a friend or family member	9 Go for a nature walk and take in the beauty around you.	10 Spend quality time with someone
11 Take a break and read a chapter of a book you enjoy.	12 Treat yourself to your favourite healthy snack or meal.	13 Spend time doing a hobby or activity you love.	14 Take a digital detox for a few hours and enjoy offline activities.	15 Leave out water and food for the birds
16 Smile at every person you meet	17 Pick up 3 pieces of litter	18 Take a moment to reflect on your achievements and celebrate your progress.	19 Listen to your favourite music or a new podcast episode.	20 Be extra kind, no matter what happens today
21 Practice gratitude by writing down five things you're thankful for.	22 Write down your goals for the coming year and make a plan to achieve them	23 Leave a happy note for someone to find	24 Light a candle and enjoy a quiet moment of reflection	25 Make someone laugh