

An Advent Kindness Calendar

The Advent season is filled with special foods and treats. How about serving your kids (and yourself) a serving of kindness. Shift the focus from gifts and chocolates to building confidence, appreciation, and spreading kindness instead. You can create a calendar for yourself to help ground you in the season and remind you of the gift of helping others. But you can also create a family-friendly kindness advent calendar and get your kids involved too. It's a great way to help teach your kids how to help others and have empathy for others in a fun and celebratory way.

Did you know that performing random acts of kindness actually has health benefits? Yup! Especially in the Season of Advent, the Spiritual benefits are grounded in the practice of love sent into the world! Here are some practical ideas

Bake a treat for a policeman or fireman	Make a card for a soldier	Choose one toy to donate.	Write a kindness note to your teacher	Do a chore for someone
Let someone go ahead of you in line	Help a neighbor with a chore or errand	Clean up litter outside	Hold the door open for someone	Write a kindness note to your friend
Make Christmas cards for your neighbor	Give someone a nice compliment	Call Grandma or Grandpa and say hi	Tell jokes to someone who needs a laugh	Donate a week's allowance
Make a hand-made present for a friend	Donate a few books to the library	Help cook dinner for the family	Offer to help clean up a room in the house	Eat lunch with a new friend
Give a high-5 to 5 different people	Write a kindness note for someone to find	Read a book to a younger sibling	Donate some of your favorite clothes	HAPPY ADVENT

You can write them onto a regular calendar, post it on the refrigerator orCut 6 pieces of construction paper into 22 strips, each strip measuring 2.25" x 12". Write on each strip one kind act from your list. Attach one strip to each day of the calendar. Each day of Advent, tear off one strip and read it together. Then go out and do it!

