

# ADVENT CALENDAR 2020

During the festive season, spread kindness. Complete 'Acts of Kindness' or write your own.

**CHRISTMAS IS THE SEASON OF GIVING!**

**KINDNESS IS SOMETHING THAT DOES NOT COST ANYTHING BUT CAN MAKE AN ENORMOUS DIFFERENCE TO SOMEONE!**

**GIVE SOME KINDNESS THIS CHRISTMAS!**

**Instructions:**

1. Engage in an act of kindness every day starting on December 1<sup>st</sup>
2. When you complete an 'Act of kindness' cross it off your calendar
3. There are some empty spaces so that you can write acts that you have chosen to complete
4. When you have finished your Acts of Kindness Advent calendar, take a photo and post it on the Kindness factory website [www.kindnessfactory.com](http://www.kindnessfactory.com)
5. Visit the Kindness curriculum [www.thekindnesscurriculum.com](http://www.thekindnesscurriculum.com) Go to the Contact us tab and tell us that you have completed your Advent calendar. We will send you a certificate!

*Merry Christmas!*

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| Visit a grandparent or family friend<br>1   |    | Make your bed without being asked<br>2  | 3   |    | Stack the dishwasher<br>4   | Thank someone who has helped you<br>5   |
|    | 6   | Walk someone's dog/pet<br>7   |  | Tell someone a joke<br>8  | 9   | Teach someone a skill that you are good at<br>10                                      |
| 11  | Play with someone you may not always play with<br>12                                  | Smile at everyone for a whole day<br>13   | 14  | 15  | Hold the door for the person behind you<br>16                     |  |
| 17  |  | Donate some old books or toys to charity<br>18  | Write a happy note for someone to find<br>19  |  | Give your pet a bath<br>20  | Do a job for someone you love<br>21   |
|  | Pick up a piece of rubbish<br>22  |  | 23  | 24  | Write a nice thing about a classmate and pass it on to them<br>24 |  |
|   |   |   |   |   |   | <b>CONGRATULATIONS YOU MADE A DIFFERENCE TO MANY PEOPLE AND THE WORLD!</b><br>25      |