

FAMILY KINDNESS ADVENT CALENDAR

There are so many opportunities in our everyday lives to show kindness and Christmas is a beautiful time to refresh our kindness repertoire. Each day choose something from the calendar below with your family and cross it off. Post your random acts of kindness on social media (#KindnessCrew) to inspire others to join in.

Pick some flowers FOR A NEIGHBOUR	ASK A FRIEND over for tea or playdate	Write a "THANK YOU" note for a teacher	Make some slice to share with SOMEONE SPECIAL	Take CHOCOLATES to a police station to say thank you
DONATE used clothes to a charity	POST A CARD to a friend with a special memory	Paint a picture for SOMEONE SPECIAL	Take bubbles to a park TO SHARE	Chalk up a footpath with INSPIRING QUOTES
Walk MINDFULLY through a park	HELP SOMEONE with their housework	SMILE at as many people as you can today	MAKE A CARD for the postman or bin man	Say 'Please' and 'Thank you' ALL DAY
Publically pay someone a COMPLIMENT	Start a conversation with a SALES PERSON	SHARE the 'Kindness Boomerang' video with friends	Pin up a motivational quote SOMEWHERE PUBLIC	Ask family what they're GRATEFUL for over a meal
Notice something POSITIVE about yourself today	HELP AN ELDERLY neighbour in their garden	Wash SOMEONE ELSE'S car	Put \$5 on a STRANGER'S car windscreen with a kind note	THANK YOU May you have a wonderful Christmas filled with love and Kindness!

Kindness impacts our community in profound ways and plants the seeds that will make our world a more positive place for everyone. Helping others increases personal energy, decreases stress and improves feelings of self worth... in short **KINDNESS MATTERS!**

