



SCHOOL 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.

Drop off a gift at a WISHING TREE	Chalk up your local footpath with POSITIVE quotes	Make a CHRISTMAS GARD for someone who volunteers	PICK UP RUBBISH at your favourite beach or park	SMILE at everyone you see today
DONATE a book to a Doctors' waiting room	Make your teacher a THANK YOU card for their help	LEAVE A GIFT of bubble wands at a house with kids	Make a card THANKING your postman or binman	Pick some FLOWERS for a neighbour
BAKE muffins for elderly neighbours	Do something kind for YOURSELF today	COMPLIMENT a student at school	Take unused toys and clothes to your local OP SHOP	WRITE a poem or draw a picture for a friend
Leave a kind note in a LIBRARY BOOK	Organise a SURPRISE for someone you care about	PAY FOR the next kid's snack as a surprise at the canteen	Take a box of chocolates to a fire station and say THANK YOU	Get to know someone new at school and INVITE them to play
Post something POSITIVE OR INSPIRING on social media	Make a Christmas gift for someone SPECIAL	Make a poster to INSPIRE OTHERS to do Random Acts of Kindness	Help at home WITHOUT being asked	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!**

