



Joy in
the
Waiting

Advent

Kindness Calendar

Pick one activity to do each day during Advent

Clean your room without being asked

Attend a seasonal event

Sit with someone new at lunch

Call the person who serves you by name

Resist temptation to be cruel in words or actions

Compliment someone rather than criticize

Say good morning and good night to family members

Spend time doing volunteer work

Call someone you usually don't call

Write a note or card to someone
No text or email

Tell family members you love them

Use a person's name when greeting them

Leave a note somewhere for someone to find

Wrap gifts with family or friends

Go ice skating

Drive around to see Christmas lights

Send a thank you note to someone who made an impact on you

Create a new Christmas tradition

Make a snow angel

Donate a toy to a toy drive

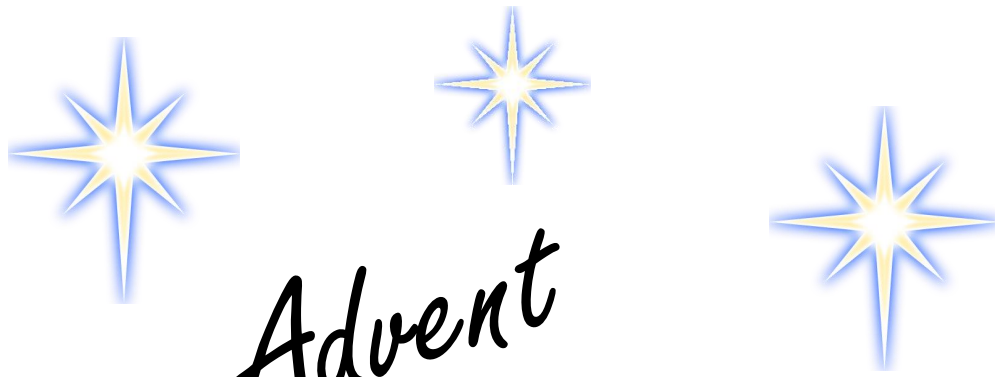
Sing or listen to Christmas music

Acknowledge service workers with a compliment

Donate to the Giving Tree

Get to know someone new at church or in your neighborhood

Build a snowman



Advent Kindness Calendar

Pick one activity to do each day during Advent

Find a quiet place and just relax

Return a stray grocery cart

Give attention to someone sad or who needs help

Tip a bus or cleaning person and say Thank You

Sit in a new seat at church and introduce yourself

Protect the earth: Reduce, Reuse, Recycle

Get to know people who are different - showing acceptance

Send a note to someone who is away at college or alone.

Hold the door for someone and smile

Have a family meal with no cell phones, iPads, TV, or screentime

Take good care of all animals

Post a positive comment on a social media platform

Be aware of the beauty around you

Donate to a food pantry

Buy a stranger's meal

Go for a walk and pick up litter/trash

Let someone with fewer items cut in front of you in line.

Give a snack, drink, or treat to a delivery driver

Let someone take the primo parking spot

Compliment employees to their store manager

Wave and smile to people who walk or drive past you

Ask someone how they are doing and really listen to their answer

Bake and share Christmas cookies

Say "please" and "thank you"

Watch a holiday movie with family/friends