

Kindness Advent Calendar

One kind thing behind every door. Do it together, then put a sticker on it.

OUR FAMILY

WE OPEN OUR DOOR AT

OUR KINDNESS HELPERS

1 Draw a picture For a neighbour. Post it through their door. 	2 Bake something For the bin collectors or postie. 	3 Thank-you note Leave one for a teacher. 	4 Give a toy away One you don't play with any more. 	5 Make a card For a grandparent. 	6 Hold the door For as many people as you can today. 
7 Help at dinner Set the table, no asking. 	8 Feed the birds Hang a feeder or scatter seeds. 	9 Call a relative Sing them a song or tell a joke. 	10 Tidy for someone A sibling's room or a shared space. 	11 Kind chalk Write a happy message outside. 	12 Share a snack With a friend at school. 
13 Pick up litter Five pieces on your walk. 	14 Say thank you To 3 people who help you. 	15 Hide a happy note In a library book or a coat pocket. 	16 Food bank Add 3 items to your box today. 	17 Make a bookmark Give it to someone who reads. 	18 Compliment Say something nice to everyone at home. 
19 Help a neighbour Carry shopping, sweep a step. 	20 Draw for a hospital A picture or card for patients. 	21 Read to someone A younger child or a grandparent. 	22 Thank the helpers Wave to the driver, cleaner, crossing guard. 	23 Give the box Take your box to the food bank. 	24 Kindness party Tell each other your favourite door. 

Missed a day? Do two tomorrow, or skip it. Kindness doesn't expire.

Small is valid. One kind thing a day is a lot of kind things.

harder.pro/blog/advent-calendar-challenge

Our Giving Box

Add one thing to a box every day. On Door 23, take it to a food bank together.

DAY	PUT IN THE BOX	IN	DAY	PUT IN THE BOX	IN
1	Tin of soup	☐	13	Soap	☐
2	Pasta	☐	14	Shampoo	☐
3	Rice	☐	15	Deodorant	☐
4	Tinned beans	☐	16	Sanitary products	☐
5	Tinned vegetables	☐	17	Tissues	☐
6	Tinned fish	☐	18	Warm socks	☐
7	Cereal	☐	19	Gloves	☐
8	Tea or coffee	☐	20	Hat	☐
9	Biscuits	☐	21	Hand cream	☐
10	UHT milk	☐	22	Jar of jam or spread	☐
11	Toothbrush	☐	23	A Christmas card	☐
12	Toothpaste	☐	24	Something you choose	☐

Every food bank is different. Check what yours needs most and swap items to match. Only give food that's in date and unopened.

WHO WE HELPED

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OUR FAVOURITE DOOR

Door number & why

One kind thing we'll keep doing