24 DAYS · DEC 1 – 24, 2026

Kindness Advent Calendar

HARDER

One small act of kindness a day. On busy days, one kind message counts.

HOW IT WORKS

1. Read today's act (or tomorrow's tonight).
2. Do it: most take 5 minutes and cost nothing.
3. Colour a circle. Both count the same.

Two levels

- ◯ Full: today's act
- ◯ Minimum: one kind message to anyone

1 TUE · DEC 1
Message someone you haven't talked to in a while: "Thinking of you"
◯ ACT ◯ KIND MESSAGE

2 WED · DEC 2
Make someone's tea or coffee without being asked
◯ ACT ◯ KIND MESSAGE

3 THU · DEC 3
Write a thank-you note to someone who helped you this year
◯ ACT ◯ KIND MESSAGE

4 FRI · DEC 4
Leave a kind review for a small local business
◯ ACT ◯ KIND MESSAGE

5 SAT · DEC 5
Find one thing you don't use and donate it
◯ ACT ◯ KIND MESSAGE

6 SUN · DEC 6
Call a grandparent or an older relative
◯ ACT ◯ KIND MESSAGE

7 MON · DEC 7
€
Bring a snack to share at work or school
◯ ACT ◯ KIND MESSAGE

8 TUE · DEC 8
Let someone go ahead of you in a queue
◯ ACT ◯ KIND MESSAGE

9 WED · DEC 9
Thank a courier, cleaner or bin collector, by name if you can
◯ ACT ◯ KIND MESSAGE

10 THU · DEC 10
Give someone a specific compliment that isn't about looks
◯ ACT ◯ KIND MESSAGE

11 FRI · DEC 11
Help a neighbour: carry something or just check in
◯ ACT ◯ KIND MESSAGE

12 SAT · DEC 12
HALFWAY · €
Halfway: drop off box 1 or give to a charity
◯ ACT ◯ KIND MESSAGE

13 SUN · DEC 13
€
Cook or bake something for someone
◯ ACT ◯ KIND MESSAGE

14 MON · DEC 14
Send a voice note telling a friend what you value about them
◯ ACT ◯ KIND MESSAGE

15 TUE · DEC 15
Pick up litter on your walk
◯ ACT ◯ KIND MESSAGE

16 WED · DEC 16
Teach someone something you know how to do
◯ ACT ◯ KIND MESSAGE

17 THU · DEC 17
Write a card for someone who may be lonely this Christmas
◯ ACT ◯ KIND MESSAGE

18 FRI · DEC 18
€
Pay it forward: a coffee, a bus fare, a parking ticket
◯ ACT ◯ KIND MESSAGE

19 SAT · DEC 19
Give an hour: volunteer, or help a friend with a job
◯ ACT ◯ KIND MESSAGE

20 SUN · DEC 20
Do a household job that someone else usually does
◯ ACT ◯ KIND MESSAGE

21 MON · DEC 21
LONGEST NIGHT
Longest night: check in on someone who finds December hard
◯ ACT ◯ KIND MESSAGE

22 TUE · DEC 22
Leave a kind note somewhere public: a library book, a lift
◯ ACT ◯ KIND MESSAGE

23 WED · DEC 23
€
Drop off the rest of your reverse advent box
◯ ACT ◯ KIND MESSAGE

24 THU · DEC 24
CHRISTMAS EVE
Tell each person at your table one thing you love about them
◯ ACT ◯ KIND MESSAGE

Both circles count the same. Swap any act with another day. € = small cost. Missed a day? Do today's act and keep going.

Miss once, never twice.

harder.pro/blog/kindness-advent-calendar

Reverse Advent Box

HARDER

Add one item a day, then donate it. Check your food bank's list first: their needs come before this one.

Food · days 1–12

- [ ] **1** Tinned fish or meat
- [ ] **2** Tinned vegetables
- [ ] **3** Tinned fruit
- [ ] **4** Soup
- [ ] **5** Pasta sauce
- [ ] **6** Rice
- [ ] **7** Cereal
- [ ] **8** UHT milk
- [ ] **9** Tea or coffee
- [ ] **10** Long-life juice
- [ ] **11** Tinned tomatoes
- [ ] **12** Something sweet for Christmas

Toiletries & household · days 13–24

- [ ] **13** Toothpaste
- [ ] **14** Toothbrushes
- [ ] **15** Shower gel
- [ ] **16** Deodorant
- [ ] **17** Shampoo
- [ ] **18** Period products
- [ ] **19** Nappies or baby wipes
- [ ] **20** Toilet paper
- [ ] **21** Washing-up liquid
- [ ] **22** Laundry detergent
- [ ] **23** A festive treat
- [ ] **24** A handwritten card

MY FOOD BANK · NAME & ADDRESS

_____

_____

- [ ] **Drop-off 1 · Sat, Dec 12**
- [ ] **Drop-off 2 · Wed, Dec 23**

OPENING HOURS / CHRISTMAS DEADLINE

_____

WHAT THEY NEED MOST

_____

Avoid perishables, alcohol and anything past its date.

Kindness Log

HARDER

Who you helped, what you did, and one word about how it felt.

DAY	WHO	WHAT I DID	ONE WORD
1			
2			
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MY FAVOURITE MOMENT OF DECEMBER

Harder is independent. Not affiliated with any food bank or charity.