



# Advent Calendar 2019

Spread a little kindness.

**"If you can be just one thing – Be Kind."**

Be kind to yourself and to those around.



1<sup>st</sup>  
Reach out and be kind. What could you do for someone else today?

2<sup>nd</sup>  
**This week smile like you mean it**



3<sup>rd</sup>  
Have an hour just to yourself

4<sup>th</sup>  
Find a positive quote and share it with 2 people.

**Make a donation to charity.**

6<sup>th</sup>  
**Sit down and write 3 things you love about your job.**

7<sup>th</sup>  
Make a card and write a great message for a friend / colleague.

8<sup>th</sup>  
Tell someone you love them.



9<sup>th</sup>  
Phone or text a member of your family.



10<sup>th</sup>  
**Help someone who is having a tough time**



11<sup>th</sup>  
**Sing a Christmas carol / song out loud for someone.**



12<sup>th</sup>  
Have a treat on the way home from work.



13<sup>th</sup>  
Wear your **Christmas jumper** or trim yourself up.

14<sup>th</sup>  
Sit down and have lunch with someone.

15<sup>th</sup>  
**Do 1 thing you love doing in work today.**



16<sup>th</sup>  
Say Thank You to 3 people every day this week.



17<sup>th</sup>  
**Think of 1 person you have lost touch with and contact them to say Hi**

18<sup>th</sup>  
**Buy flowers for you or for a friend.**



19<sup>th</sup>  
**Stop, look and listen and give thanks for what you see and hear.**

20<sup>th</sup>  
**Compliment at least 3 people today**



21<sup>st</sup>  
**Sing Jingle Bells very loudly in the shower**

22<sup>nd</sup>  
Go outside for 5 minutes and breathe .....even if it's snowing.



23<sup>rd</sup>  
**This week be a RAY OF SUNSHINE.**



24<sup>th</sup>  
**Laugh out loud.**



25<sup>th</sup>  
Smile and be thankful.



**Positivity and kindness increase energy and effectiveness which has a huge impact on well-being.**

**Why not give this a go in the run up to Christmas and let us know how it goes.**



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