

Thrive's Kindness Advent Calendar

Spread a little joy this Christmas by trying a different act of kindness each day!



1

Make someone a homemade gift



2

Teach someone a new skill

3

Make a card for someone special

4

Offer to help someone with a task

5

Donate an item to a food bank

6

Compliment someone

7

Do something that makes you happy

8

Do something kind for the environment

9

Make someone laugh with a silly joke

10

Make a decoration for a friend or relative



11

Donate an item to charity

12

Let someone know how much you appreciate them

13

Surprise someone by doing something kind

14

Write a thank you note to someone who has helped you



15

Think of 3 things you're grateful for

16

Call or message someone you've not spoken to for a while

17

Arrange a festive sensory treasure hunt with friends



18

Leave a happy note or drawing for someone to find

19

Make a jar of joy



20

Do a secret act of kindness for someone

21

Recommend a book or Christmas film to a friend



22

Take a break from your digital devices

23

Think of 3 things you like about yourself

24

Plan an act of kindness for the new year

