FAMILY KINDNESS ADVENT CALENDAR

There are so many opportunities in our everyday lives to show kindness and Christmas is a beautiful time to refresh our kindness repertoire. Each day choose something from the calendar below with your family and cross it off. Post your random acts of kindness on social media (#kindnesscalendar) to inspire others to join in.

8 Pick some flowers FOR A NEIGHBOUR

14 ASK A FRIEND over for tea or playdate

21 Write a "THANK YOU" note for a teacher

18 Make some slice to share with SOMEONE SPECIAL

4 Take CHOCOLATES to a police station to say thank you

19 DONATE used clothes to a charity

1 POST A CARD to a friend with a special memory

12 Paint a picture for SOMEONE SPECIAL

9 Take bubbles to a park TO SHARE

15 Chalk up a footpath with INSPIRING QUOTES

5 Walk MINDFULLY through a park

16 HELP SOMEONE with their housework

23 SMILE at as many people as you can today

2 MAKE A CARD for the postman or bin man

24 Say 'Please' and 'Thank you' ALL DAY

22 Publically pay someone a COMPLIMENT

10 Start a conversation with a SALES PERSON

20 SHARE the 'Kindness Boomerang' video with friends

6 Pin up a motivational quote SOMEWHERE PUBLIC

11 Ask family what they're GRATEFUL for over a meal

3 Notice something POSITIVE about yourself today

17 HELP AN ELDERLY neighbour in their garden

7 Wash SOMEONE ELSE'S car

13 Put $5 on a STRANGER'S car windscreen with a kind note

25 THANK YOU May you have a wonderful Christmas filled with love and Kindness!

Kindness impacts our community in profound ways and plants the seeds that will make our world a more positive place for everyone. Helping others increases personal energy, decreases stress and improves feelings of self worth... in short KINDNESS MATTERS!

Langley Group