Advent Calendar of Compassion.

Each day in December, up to and including Christmas day, try to complete one of the following challenges.

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| Give away a toy you don’t play with any more. | Send a card or letter to someone you have not seen for a while. | Donate something to a local foodbank or charity. | Smile at everyone you meet. | Tidy up a mess you didn’t make, without complaining. |
| Choose to play with someone you don’t normally play with. | Pay someone a compliment. | Pick up some litter. (Make sure you wash your hands!) | Write a thank you note to someone who helps you eg the postman | Feed the birds or help nature in another way. |
| Try to reuse an item of rubbish you would usually throw away | Ask an adult what you can do to help them today. | Tidy up your bedroom without being asked | Read a story to a younger child. ( This could be over Zoom!) | Allow someone else to go in front of you in a queue. |
| Donate some clothes to a charity shop | Make or bake treats for a friend or neighbour | Make a card for a friend or neighbour. | Help clear up after a meal and do the washing up | Paint a stone or write a lovely letter and leave it in a public space for a stranger to find. |
| Hold the door open for someone as many times as you can today. | Try to make people laugh today as much as possible. | Help a friend or family member without being asked. | Make a drink or snack for someone. | Write a note to a family member and hide it somewhere eg under their pillow |

If you can’t do some of them, then think of something else to do instead that shows kindness and compassion. Remember to check with an adult before doing any challenges that involve people not in your household.