

ADVENT OF KINDNESS 2022

In this challenging year, here are 25 ideas to bring a little more kindness into the world in the run-up to Christmas



1 Start a happiness jar for December and write down one thing each day that has made you happy.

2 Write a letter or draw a picture for someone who might be feeling lonely.

3 Put on some gloves, grab a carrier bag, go for a walk and pick up as much litter as you can.

4 Do a Christmas quiz with your friends.

5 Find five minutes to help someone out today.

6 At the end of the day write down three positive things that have happened.

7 Make a playlist of your favourite Christmas songs and share it with your friends.

8 Set up an obstacle course and see how quickly you can do it.

9 Learn three new facts and share them with your friends.

10 Give some love to your postie and bin collection team and draw thank you posters to put up.

11 Take time to think about what you have done this year that you are really proud of.

12 Write a Christmas card to someone you wouldn't usually send one to.

13 Try making a giant Santa on the floor with household items (remember to clear up after!).

14 Make some Christmas tree decorations.

15 Make a small gift and give it to someone who won't be expecting it.

16 Try a blindfold taste test of various Christmas foods – really concentrate on the flavours and textures.

17 Talk about your family Christmas traditions with your friends and see if anyone else does the same.

18 Put on your favourite song and dance like no one is watching.

19 Design and make a board game you can play with your friends and family.

20 Pay someone a compliment.

21 Take some quiet time out to do some colouring in.

22 Spend five minutes doing some stretches today.

23 Have a video call with someone you haven't seen for a while.

24 Perform three acts of kindness during the day.

25 Enjoy giving, enjoy receiving – happy Christmas!



GET IN TOUCH
hello@charliewaller.org • 01635 869754

FIND OUT MORE
charliewaller.org

FOLLOW US
