



# 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 (#KindnessCrew) to inspire others to join in.

Pick some flowers <b>FOR A NEIGHBOUR</b>	<b>ASK A FRIEND</b> over for tea or playdate	Write a "THANK YOU" note for a teacher	Make some slice to share with <b>SOMEONE SPECIAL</b>	Take <b>CHOCOLATES</b> to a police station to say thank you
<b>DONATE</b> used clothes to a charity	<b>POST A CARD</b> to a friend with a special memory	Paint a picture for <b>SOMEONE SPECIAL</b>	Take bubbles to a park <b>TO SHARE</b>	Chalk up a footpath with <b>INSPIRING QUOTES</b>
Walk <b>MINDFULLY</b> through a park	<b>HELP SOMEONE</b> with their housework	<b>SMILE</b> at as many people as you can today	<b>MAKE A CARD</b> for the postman or bin man	Say 'Please' and 'Thank you' <b>ALL DAY</b>
Publically pay someone a <b>COMPLIMENT</b>	Start a conversation with a <b>SALES PERSON</b>	<b>SHARE</b> the 'Kindness Boomerang' video with friends	Pin up a motivational quote <b>SOMEWHERE PUBLIC</b>	Ask family what they're <b>GRATEFUL</b> for over a meal
Notice something <b>POSITIVE</b> about yourself today	<b>HELP AN ELDERLY</b> neighbour in their garden	Wash <b>SOMEONE ELSE'S</b> car	Put \$5 on a <b>STRANGER'S</b> car windscreen with a kind note	<b>THANK YOU</b> 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!**



# KINDNESSCREW.COM.AU