

Kindness and Mindfulness Advent Calendar

1.

Make sure to smile at everyone today, it is contagious!

2.

Make a card or note to tell someone you love and appreciate them

3.

Pick up rubbish from the street and put it into the bin

4.

Look out for someone lonely at school, and make time to talk and play with them

5.

Leave a nice letter in a library book

6.

Feed the birds



7.

Smile at a stranger

8.

Go all day without complaining

9.

Take time outside to look around and appreciate nature, List 3 things you see

10.

Let someone go ahead of you in a line

11.

Reuse paper for drawing, recycle packaging instead of throwing in the bin

12.

Make an effort to learn something new today

13.

Write down three things you need to be to be a good friend

14.

Write a 'thank you' letter to your teacher

15.

Tell a friend what you like most about them

16.

Give someone genuine compliments throughout the day, and make them smile

17.

Be kind to yourself, take ten big deep breaths if you feel overwhelmed

18.

Take your old toys or clothes that are in good condition, to a charity shop

19.

Volunteer to help clean a classroom or do another job around the school

20.

Make a list of 3 things you are grateful for in your life

21.

Hold the door open for someone

22.

Tell a silly joke to make someone laugh

23.

Take a deep breath, in your mind send loving thoughts to those who need them

24.

With an adult, light a candle and think of people less fortunate than you

25.

Give your whole family a big hug and a kiss. Tell them how much you love them



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