

ADVENT OF KINDNESS 2021

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

1 Give yourself the time for a fun online workout

2 Make a gingerbread house or tree decorations

3 Pay someone a compliment

4 Make a list of happy things in your life – and keep adding to it!

5 Find an encouraging news story and share it with your family and friends

6 Wrap up warm and take a walk around your local Christmas lights hotspots

7 Learn three new facts and share them with your friends or colleagues

8 Find five minutes to help someone out today and really take notice of how it makes you feel

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

10 Switch off your phone and give someone your full attention today

11 Find something that will challenge you actively in 2021... sign up before you change your mind!

12 Listen to a podcast or radio show to learn about something that interests you

13 Leave a positive review about good customer service you have received

14 Give your mind some space: have a 'clear the clutter day'

15 Write a Christmas card or letter to someone you wouldn't usually send one to

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

17 Try something new... a new food, craft or sport

18 Give a small gift to someone who won't be expecting it

19 Eat your favourite Xmas food. But slowly, and think about what it is like to eat and why you enjoy it

20 Send friends or family a photo of a time you all enjoyed together

21 Give your body some attention – do a series of gentle stretches several times throughout the day

22 Take time to think about what you have achieved this year and what you are really proud of

23 Give someone you haven't spoken to for a while a call or a surprise door step visit

24 Perform three acts of kindness during the day

25 Even if remotely this year, enjoy giving, enjoy receiving – happy Christmas!

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