

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 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 2023... 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 visit.
- 24 Perform three acts of kindness during the day.
- 25 Enjoy giving, enjoy receiving – happy Christmas!

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