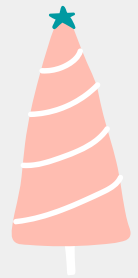

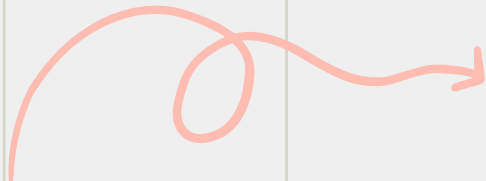


Christmas Advent Calendar - Mindful Activities



Sunday <i>watch</i>	Monday <i>write</i>	Tuesday <i>act</i>	Wednesday <i>make</i>	Thursday <i>give</i>	Friday <i>help</i>	Saturday <i>do</i>
			1 Make a snow globe	2 Sort and donate toys	3 Decorating the tree	4 Read a favorite Christmas story
5 A favorite Christmas movie	6 Write a nice note for a loved one	7 Hug someone	8 Make a garland	9 Donate to local food bank	10 Setting the dinner table	11 Listen to Christmas music
12 Watch snowfall or football	13 Write cards to your teachers	14 Hold the door for someone	15 Make an ornament	16 Give someone a compliment	17 Wrapping presents	18 Go for a drive to look at Christmas lights
19 A favorite Christmas movie	20 Write a letter to Santa	21 Do something nice for your parents	22 Bake some cookies	23 Share cookies with a neighbor	24 Tidying up your own and sibling's rooms	25 Merry Christmas! 