

# CHRISTMAS KINDNESS

... TRIGG ADVENT CALENDAR ...

1

Donate a winter jacket to charity

2

Bake cookies to share at work

3

Tell someone you love them

4

Sign up for a fundraising event in 2021

5

Support a small business

6

Compliment a stranger

7

Hold the door open for someone

8

Have a digital detox day

9

Donate to a food bank

10

Leave a kind note on a colleagues desk

11

Smile at everyone today

12

Support a local business

13

Hide a nice note in a library book

14

Pay for a strangers coffee

15

Write a card for a neighbour

16

Donate warm clothing to a charity

17

Let someone go in front of you

18

Donate blood

19

Offer to babysit

20

Mail a lovely letter to a friend

21

Be present in all you do today

22

Donate to a wishing tree

23

Tell a silly joke; laughter is free

24

Reflect on your year and your growth