

## Acts of Kindness Advent Calendar For Adults

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
November 28 <sup>th</sup>  Take time to listen to people around you	November 29 <sup>th</sup>  Say a prayer for displaced people	November 30 <sup>th</sup>  <b>Pick up litter</b>	December 1 <sup>st</sup>  Make someone smile	December 2 <sup>nd</sup>  Encourage someone	December 3 <sup>rd</sup>  Volunteer	December 4 <sup>th</sup>  Visit someone who is lonely
December 5 <sup>th</sup>  Let someone go ahead of you in the queue	December 6 <sup>th</sup>  Give someone a sincere compliment	December 7 <sup>th</sup>  Pray for someone who needs help this Christmas	December 8 <sup>th</sup>  Hold the door open for someone	December 9 <sup>th</sup>  Invite someone who is lonely for coffee	December 10 <sup>th</sup>  Help a friend	December 11 <sup>th</sup>  Recycle as much as you can
December 12 <sup>th</sup>  <b>Call a friend</b>	December 13 <sup>th</sup>  Donate to a charity shop	December 14 <sup>th</sup>  Tell a stranger to have a nice day	December 15 <sup>th</sup>  Throw out some crumbs for the birds	December 16 <sup>th</sup>  <b>Surprise a friend with a visit</b>	December 17 <sup>th</sup>  Tell a manager about a helpful employee	December 18 <sup>th</sup>  Pray for families
December 19 <sup>th</sup>  Compliment someone you know	December 20 <sup>th</sup>  Help an elderly person with their groceries	December 21 <sup>st</sup>  Give someone a hug	December 22 <sup>nd</sup>  Call a relative you haven't spoken to for a while	December 23 <sup>rd</sup>  Give a homemade gift	December 24 <sup>th</sup>  Tell your family how much you love them	December 25 <sup>th</sup>  <b>MERRY CHRISTMAS</b>

