











# Broadway East First School Advent Calendar

## Spread a Little Kindness



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>4 Hold a door open for someone else.</p> 	<p>5 Write a note to someone at home or school to tell them you appreciate what they do for you.</p>	<p>6 Count how many people you smile at today.</p>	<p>7 Tell a friend why they are special to you.</p> 	<p>8 Be kind to yourself by thinking of three things you like about yourself.</p>	<p>9 If you have any toys you don't play with, ask if someone at home could give them to charity for you.</p>	<p>10 Help to make a meal at home.</p> 
<p>11 Tell someone that their performance was great (after the dress rehearsals).</p>	<p>12 Bring something to school for the West End Foodbank collection.</p>	<p>13 Tell someone a joke and have a laugh together.</p> 	<p>14 Pick something up for someone to help them or to make it tidy for others.</p>	<p>15 Say thank you to the person who made your tea for you.</p> 	<p>16 Have a screen-free day and talk and listen to people in your family.</p>	<p>17 Help with the washing up or tidying up after a meal.</p>
<p>18 Find someone who looks sad and ask them if they'd like to play.</p> 	<p>19 Give something away to someone you love (ask your parents first).</p>	<p>20 Find a way to help a grown up in school</p> 	<p>21 Give a compliment to as many people as you can.</p>	<p>22 Say Happy Christmas or Happy Holidays to the grown ups in school.</p>	<p>23 Make your bed and tidy your bedroom.</p> 	<p>24 Be kind to yourself by singing songs in the bath or the shower!</p>

Try to follow the calendar but remember that you can do all of these things on all days to spread kindness!

