

Parent Guide

How can I use this with my children?

Encourage your child to be kind during the festive season. Challenge you child (or the whole family) to carry out the acts of kindness described on the calendar (or adapt them to better suit your family).

How does this help my children's learning?

Showing appreciation of others around them and carrying out some self-less acts can help your child understand the world around them and support their social skills.

Ideas for further learning:

Why not create a gratitude jar together as a family to collect reasons to be thankful over the festive period to look at after Christmas and help set new year's resolutions?



Be Kind Advent Calendar



1st Tidy your bedroom without being asked.

2nd Donate some of your old toys to a charity shop.

3rd Leave a dish of water out for the birds and animals.

4th Ask your teacher if you can sharpen the crayons for them.

5th Donate some food to your local food bank (check their requirements first).

6th Make your bed every day without being asked.

7th Make some biscuits to deliver to your friends.

8th Make a care package for a friend or family member.

9th Let a friend know you appreciate them.

10th Hold the door open for someone.

11th Offer to help an elderly relative with their Christmas decorations.

12th Smile at everyone you meet today.

13th Try to be kind to your siblings.

14th Donate items to your local animal shelter (check their requirements first).

15th Leave a happy note for someone to find.

16th Feed the birds in your garden or local park.

17th Tell someone a silly joke to make them smile.

18th Offer to help out with a household chore.

19th Leave a treat for your post delivery person.

20th Post a thank you card to your local police, fire or ambulance station.

21st Write a thank you note to a teacher or someone who has helped you recently.

22nd Help with dinner preparations by setting the table without being asked.

23rd Phone a relative for a chat.

24th Let your parents/carers have a lie-in and read a book in bed until they are awake.



If you enjoyed this resource, why not try...

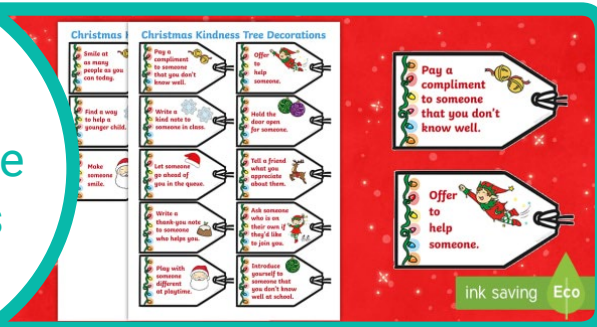
Ideas Jar: I am Grateful For...



Thank You Letter Writing Template



Christmas Kindness Tree Decorations



Make Your Own Christmas Card



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