



1. Take a moment to give someone a hug or compliment	2. Practice patience by letting someone go in front of you in the queue	3. Buy a treat for your child or friend	4. Hold the door open for someone or make a cup of tea for a colleague	5. Practice being present by packing your phone away for a while
6. Do something kind for yourself	7. Donate a Christmas gift to a local charity	8. Get in touch with an old friend or relative	9. Offer to help someone	10. Drop off a small gift or pick a bunch of flowers from your garden for one of your neighbours.
11. Be present - do something to give someone your undivided attention.	12. Smile at a stranger	13. Tell someone that you love them	14. Think about the meaning of advent and do something with your family.	15. Give a small gift to a petrol attendant or security guard
16. Donate any unwanted clothes to charity	17. Pay for a stranger's coffee	18. Encourage your children to surprise someone with a treat (a hug, a cup of coffee or a note)	19. Tape some money onto a vending machine	20. Do something that brings you joy
21. Hide a happy note for someone to find	22. Make your children's favourite meal and enjoy it together	23. Do something silly with your kids	24. Reflect and record how much joy this season has brought you.	25. Continue to live with joy and rest. You are loved!