

# Advent

## Random Acts of Kindness

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Call a family member you haven't talked to in a while.	2 Say a prayer for a loved one.	3 Change a negative thought today to a positive one.	4 Bring a beverage to someone, no charge.	5 Send a text or cheerful note to someone who might need a smile.	6 Let someone go ahead of you in a check-out lane.	7 Hold the door open for someone.
8 Make something festive for a friend.	9 Give a sincere compliment to someone you meet.	10 Bring something sweet to a neighbor.	11 Make a charitable donation.	12 Call a friend, just to show how much you care.	13 Send a holiday greeting.	14 Express your gratitude to someone who has touched your life.
15 Call or visit someone who is ill, housebound, or elderly.	16 Take a bag on a walk and pick up trash along the way.	17 Bring joy to a stranger. Perhaps pay for a coffee, a donut, or a meal.	18 Show kindness and patience to a retail worker.	19 Purchase socks, gloves, or a hat for someone needy.	20 Make a batch of cookies to share.	21 Offer to take someone shopping or pick up something at the store.
22 Play music or watch a movie to recharge your energy level.	23 Feed the birds or squirrels.	24 Tell someone how much he or she is loved.	25 			