



## Christmas Activity Advent Calendar



Spend time with others without agenda, without planning, without worrying. Enjoy the moment

Make some form of Christmas food and share it. See if you can take your first bite mindfully, allowing time for your senses to take in all that that food is for you.

Take 5 to sense 5 today:  
5 – 5 things you can see  
4 – 4 things you can hear  
3 – 3 sensations/things you can feel  
2 – 2 things you can smell  
1 – 1 thing you can taste

Notice your thoughts, feelings and body sensations when you experience something pleasant today

Find five things to be grateful for today, and if you feel the need, share these.

Take some time to look in the mirror today and see how beautiful you really are

Leave someone a nice note today

Say hello and smile at someone you don't know or have never met

Offer help to another person in some way today - help that you can and are truly willing to give

Leave a feel-good quote somewhere for others to find today

Share an inspirational quote with others today

Watch a Christmas movie that will make you laugh or feel good

Make someone special a homemade gift today. It can be anything and to anyone, even a gift for yourself because you are special

Give your pet some extra attention today. If you don't have a pet, perhaps drop into your local SPCA to visit the animals or make a donation.

Laugh. If you can't find anything to laugh about, conjure something up. Then just laugh

Read or listen to a Christmas story

Go and see some of your local Christmas lights

Create your own Christmas cards to give away or to send

Join in singing along with Christmas carols wherever you hear them today

Create your own Christmas decorations/decorate your Christmas tree or home

Donate a Christmas present or food to your local charity

Invite someone new for a drink and share this calendar with them

Take some time to be thankful for your experiences, where you are in life, etc. Express this through drawing/writing/talking

Say a form of grace before eating