

# 2020 31 Ways to spread COMFORT & CHEER

Share joy as you celebrate the season with this unique challenge checklist.

- 1 Agree to exchange a homemade holiday gift with someone on your list. Then create it!
- 2 Donate toys or necessities to a local charity drive.
- 3 Set up a station to greet delivery workers at your front door with treats and thank yous.
- 4 Decorate DGT's printable TEAR OFF POSTERS and share on a public bulletin board.
- 5 Connect with a local nursing home. Offer to read holiday-themed books or sing holiday songs via zoom with residents.
- 6 Deliver thank you cards to your local library staff.
- 7 Count the number of items in your pantry. Donate that many quarters (or dollars) to the food shelf.
- 8 Read a big-hearted, diverse book and discuss.
- 9 Gather over cocoa and color cheerful pictures to send to COLOR-A-SMILE.
- 10 Deliver poinsettias to someone unexpectedly.
- 11 Bake (or buy) holiday treats to share with neighbors, along with holiday greetings.
- 12 Surprise an isolated neighbor with an unexpected, homemade holiday decoration.
- 13 Create BIG-HEARTED AWARDS for your heroes.
- 14 Create and send a video "thank you" to someone who has been special to your family this year.
- 15 Deliver a box of candy canes to someone unexpectedly.
- 16 Make a thoughtful coupon book for someone.
- 17 Donate a cozy pair of pajamas and a good book to a local homeless shelter (or more than one!).
- 18 Leave thank yous and/or gift cards for service providers: mail carrier, trash collector, etc.
- 19 Gift diverse books to people you care about.
- 20 Host a video holiday party with friends you miss.
- 21 Set up a MAGIC MAIL STATION with addresses of people you'd like to reach out to all year.
- 22 Watch a black and white movie as a family.
- 23 Thank essential workers in your community with a special card or a letter to the editor.
- 24 Donate diverse books to a local family shelter.
- 25 Enjoy a favorite family tradition. Talk about how it got started.
- 26 Invite friends/family to join you on a safely distanced winter hike.
- 27 Apologize to someone. Forgive yourself.
- 28 Write thank yous for your holiday gifts.
- 29 Talk: How were you a helper/helped this year?
- 30 Call far-away relatives and wish them well.
- 31 Choose 12 FAMILY ACTS OF KINDNESS or HABITS OF KINDNESS to add to your family life over the coming new year.

\*\*Projects marked in ALL CAPS involve a printable available at [www.doinggoodtogether.org/bhf/blog/31-days-of-comfort-and-cheer](http://www.doinggoodtogether.org/bhf/blog/31-days-of-comfort-and-cheer)

