



31 Days of Hygge-Inspired **KINDNESS** Spread joy as a family!



- 1 Agree to exchange a homemade holiday gift with someone on your list. Then get crafting!
- 2 Donate toys to a local charity drive.
- 3 Set up a station to GREET DELIVERY WORKERS at your front door with treats and thank you notes.
- 4 Decorate KINDNESS TEAR OFF POSTERS and share on a public bulletin board.
- 5 Deliver treats to the staff at your local library.
- 6 Count the number of items in your pantry. Donate that many quarters to the food shelf.
- 7 Read a BIG-HEARTED BOOK and discuss.
- 8 Gather over cocoa and color cheerful pictures to send to COLOR-A-SMILE.
- 9 Bring poinsettias to someone who is lonely.
- 10 Bake (or buy) holiday treats to share with neighbors, along with holiday greetings.
- 11 Surprise someone with a fancy coffee or cocoa.
- 12 Create BIG-HEARTED AWARDS for your heroes.
- 13 Share random acts of candy cane kindness.
- 14 Read holiday books with folks at a nursing home.
- 15 Create and send a video thank you to someone who has been special to your family this year.
- 16 Decorate and leave CAR WINDOW POETRY as you run holiday errands.
- 17 Make a thoughtful coupon book for someone.
- 18 Donate a cozy pair of pajamas and a good book to a local homeless shelter.
- 19 Leave thank yous and/or gift cards for service people: mail carrier, trash collector, etc.
- 20 Connect with a relative you haven't seen in a while.
- 21 Set up a MAGIC MAIL STATION with addresses of those you'd like to reach out to all year.
- 22 Snuggle up, watch, and discuss a holiday movie.
- 23 Thank first responders with cards and treats.
- 24 Donate diverse, big-hearted books to a shelter.
- 25 Enjoy a favorite family tradition. Talk about how it got started.
- 26 Invite loved ones to join you on a winter hike.
- 27 Apologize to someone. Forgive yourself.
- 28 Write thank yous for your holiday gifts.
- 29 Discuss: How did you help others this year? How did others make a difference for your family?
- 30 Spend tech-free time alone. Enjoy the quiet.
- 31 Choose 12 FAMILY ACTS OF KINDNESS or HABITS OF KINDNESS to add to your family life over the coming new year.