

# Advent Spirit Filled Acts of Kindness



"Blessed are the Pure in Heart, they  
Shall see God."



**DERRY DIOCESAN  
CATECHETICAL  
CENTRE**

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1. Wear a mask
2. Wash your hands
3. Keep a safe social distance from others
4. Donate to the local food bank
5. Write a letter to someone in a care/nursing home
6. Draw a Christmas picture and write a message for frontline workers and put it in your window
7. Make Christmas cards for your family, friends and neighbours
8. Sort through your toys or belongings and donate any that you no longer need to charity
9. Paint the words HOPE, PEACE, JOY and LOVE on stones and leave them for someone to find
10. Sharpen all the pencils in the classroom at break time
11. Write a letter to a family member telling them why you love them
12. Donate a jumper or coat to charity -write a Christmas prayer and leave it in the pocket/jumper you donate



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13. Leave the pound in the shopping trolley next time you go to the supermarket
14. Bake something and give it to your neighbours
15. Tidy your bedroom-without being told!
16. Be a friendly helper about the school and house
17. Make a bird feeder and leave out water for the birds
18. Write thank you cards for your teacher, lollipop person, classroom assistant, caretaker, school secretary
19. Clean up the area where you live by picking up litter and not dropping any
20. Write a thank you note for the bin collectors and post person
21. Wash your parent's car
22. Offer to help an elderly friend or neighbour get their groceries
23. Give out a compliment
24. Hold the door open for people



Finally -Say a prayer at the crib on Christmas morning-just like the shepherds did that first Christmas morning