

Advent

'GIVE' LIST CHALLENGE

Tick each task as you complete it. How many 'gifts' can you give this Advent?

Like a 'GIFT LIST', only you're the gift!

- Give to a food bank
- Smile at people when out and about (smile with your eyes when wearing a mask!)
- Be present when with your family
- Help with wrapping gifts
- Send a Christmas card
- Offer to help with a sibling's homework
- Play a board game with your family
- Arrange a winter walk for your family
- Make a decoration for someone
- Pray for those in need
- Offer to clean the house ready to put up the decorations
- Donate your clothes/toys/books
- Replace resentment with thankfulness
- Host a (virtual) hang out for your friends
- Give the money you would have spent on a coffee to charity
- Connect with with a relative or friend you haven't spoken to in a while
- Volunteer at your parish or with a charity
- Thank your parish priests for all their hard work
- Forgive and be forgiven
- Use the Forest:Stay Focused App
- Make an extra effort to say 'thank you'
- Cook a meal for your family
- Send an inspirational quote to a friend
- Make a treasure hunt around your house
- Make a scrapbook/memory box of your favourite photos with your family or friends
- Text your friends a compliment
- Make a list of activities you want to do with your friends when you're able to hang out with them again
- Tell your teachers you appreciate them
- Write little notes to your family and leave them around the house
- Organise a family movie night
- Sing carols with your family
- Organise and tidy your room
- Create a book of vouchers for your family to redeem throughout the year (e.g clean the kitchen, make dinner, quality time with siblings)

