

25 Days of Kindness

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1

Tell someone what you like about them

2

Play with someone new

3

Water a plant

4

Draw someone a picture

5

Find something you can donate to Salvo Stores

6

Bring in a non-perishable food item to donate to The Salvos

7

Help your family with a task

8

Pick up rubbish to put in the bin

9

Ask someone if you can help them with anything

10

Let someone else go first in a game

11

Make someone smile



12

Call a friend or family member

13

Hold the door open for someone

14

Share something you are playing with

15

Red Day for the Salvos, bring a gold coin donation

16

Clean up a mess you didn't make

17

Thank the people who have helped you

18

Smile!



19

Do something kind for a neighbour

20

Make someone a holiday or Christmas card

21

Tidy your room

22

Do an extra chore

23

Ask someone how they are today

24

Wish someone Happy Holidays or Merry Christmas

25

Tell your family you love them



25 Days of *Kindness*

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Parent Information

A descriptor has been provided for advising parents about your centre's participation in The Salvation Army Christmas Appeal

(Centre Name) is participating in The Salvation Army's Christmas Appeal. The Salvation Army is one of Australia's leading welfare organisations providing essential community and social services to support people experiencing hardship.

A key area of their work is providing food relief to many thousands of vulnerable people each year. This year the Salvos are responding to an increased demand on services due to the impact of coronavirus.

Our centre is running a donation drive and calling for families to donate non-perishable food items which will then be collected by our local Salvation Army **(include name if known)** and used to ensure no one is left in need this Christmas.

Encouraged: Include details of where donations can be left within centre and relevant collection details

Optional: We will be exploring the theme of 'kindness' in conjunction with participation in the Salvation Army Christmas Appeal. For 25 days of December, we will be encouraging children to complete an act of kindness each day.

Introducing '25 Days of Kindness' to Young Children

A descriptor has been provided for introducing '25 Days of Kindness' and The Salvation Army to young children.

"We have a new calendar that encourages us to be kind.

Every day, we can choose to be kind to our friends, family, neighbours, and even the environment. Kindness is showing that you care for others and doing nice things for them.

As we come towards the end of the year, we are going to think about different ways we can show extra kindness. You might ask your family if you can help with a chore, such as cooking or cleaning. You could draw a picture for someone special. The calendar has lots of ideas for us to be kind and care for people.

One group that cares for people in our community is The Salvation Army. The Salvation Army shows kindness by giving people food when they are hungry and talking to people who are upset or lonely.

Your acts of kindness will help too. Together, we will make sure everyone feels cared for." Each day, we will refer to our calendar and complete an act of kindness.

***Educators are encouraged to print a copy of the '25 Days of Kindness' poster above. Choose to refer to the pre-filled calendar with suggested acts of kindness or create your own using the blank template.**

The Salvation Army wish to extend support to any individual or family in need. The Salvation Army provides all social services without discrimination. Visit salvationarmy.org.au/need-help/ or call 13 SALVOS (13 72 58) to find out more.

