

# HOLIDAY KINDNESS CHECKLIST

## *Spread Joy This Season with Small Acts of Kindness*



### **DONATE TO THOSE IN NEED**

- Drop off non-perishable food at a local pantry.
- Donate gently used winter clothes or blankets.
- Sponsor a family through a holiday giving program.



### **BE GENEROUS WITH WORDS**

- Give genuine compliments to three people.
- Write a heartfelt holiday card to someone you appreciate.
- Send a thoughtful text to reconnect with someone.



### **HELP THE PLANET**

- Recycle your holiday gift wrap or packaging.
- Donate extra holiday decorations to a community center.
- Take a walk and pick up litter in your neighborhood.



### **KINDNESS FOR KIDS**

- Help children make holiday cards for a hospital or nursing home.
- Let kids pick out a toy to donate to charity.
- Encourage children to thank their teachers with a note or small gift.



### **GIVE YOURSELF GRACE**

- Take a moment to rest and reflect.
- Practice gratitude by listing three things you're thankful for.
- Remember, kindness starts with being kind to yourself.

