31 Days to spread
COMFORT & CHEER
with your big-hearted family

1 Agree to exchange a home-made holiday gift with someone on your list. Then create it!
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 yous.
4 Decorate HOLIDAY 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 Buy a cup of cocoa for a stranger.
12 Create BIG-HEARTED AWARDS for your heroes.
13 Share candy canes with friends and strangers.
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 (or more!).
19 Leave thank yous and/or gift cards for service people: mail carrier, trash collector, etc.
20 Facetime 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 and watch a black and white movie.
23 Write a letter to the editor thanking first responders in your community.
24 Call a far-away relative and wish them well.
25 Enjoy a favorite family tradition. Talk about how it got started.
26 Invite friends/family to join you on a winter hike.
27 Apologize to someone. Forgive yourself.
28 Write thank yous for your holiday gifts.
29 Discuss: How were you a Helper this year?
30 Spend some 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.

**Projects marked in ALL CAPS involve a printable available at www.doinggoodtogether.org/bhf/blog/31-days-of-comfort-and-cheer**

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