31 Ways to spread COMFORT & CHEER

Share joy as you celebrate the season with this unique challenge checklist.

1. Agree to exchange a homemade holiday gift with someone on your list. Then create it!
2. Donate toys or necessities 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 DGT’s printable TEAR OFF POSTERS and share on a public bulletin board.
5. Connect with a local nursing home. Offer to read holiday-themed books or sing holiday songs via zoom with residents.
6. Deliver thank you cards to your local library staff.
7. Count the number of items in your pantry. Donate that many quarters (or dollars) to the food shelf.
8. Read a big-hearted, diverse book and discuss.
9. Gather over cocoa and color cheerful pictures to send to COLOR-A-SMILE.
10. Deliver poinsettias to someone unexpectedly.
11. Bake (or buy) holiday treats to share with neighbors, along with holiday greetings.
12. Surprise an isolated neighbor with an unexpected, homemade holiday decoration.
13. Create BIG-HEARTED AWARDS for your heroes.
14. Create and send a video “thank you” to someone who has been special to your family this year.
15. Deliver a box of candy canes to someone unexpectedly.
17. Donate a cozy pair of pajamas and a good book to a local homeless shelter (or more than one!).
18. Leave thank yous and/or gift cards for service providers: mail carrier, trash collector, etc.
19. Gift diverse books to people you care about.
20. Host a video holiday party with friends you miss.
21. Set up a MAGIC MAIL STATION with addresses of people you’d like to reach out to all year.
22. Watch a black and white movie as a family.
23. Thank essential workers in your community with a special card or a letter to the editor.
24. Donate diverse books to a local family shelter.
25. Enjoy a favorite family tradition. Talk about how it got started.
26. Invite friends/family to join you on a safely distanced winter hike.
27. Apologize to someone. Forgive yourself.
28. Write thank yous for your holiday gifts.
29. Talk: How were you a helper/helped this year?
30. Call far-away relatives and wish them well.
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**