31 Days of Hygge-Inspired KINDNESS
Spread joy as a family!

1. Agree to exchange a homemade holiday gift with someone on your list. Then get crafting!
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 you notes.
4. Decorate 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. Surprise someone with a fancy coffee or cocoa.
12. Create BIG-HEARTED AWARDS for your heroes.
13. Share random acts of candy cane kindness.
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.
19. Leave thank yous and/or gift cards for service people: mail carrier, trash collector, etc.
20. Connect with 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, watch, and discuss a holiday movie.
23. Thank first responders with cards and treats.
24. Donate diverse, big-hearted books to a shelter.
25. Enjoy a favorite family tradition. Talk about how it got started.
26. Invite loved ones to join you on a winter hike.
27. Apologize to someone. Forgive yourself.
28. Write thank yous for your holiday gifts.
29. Discuss: How did you help others this year? How did others make a difference for your family?
30. Spend tech-free 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/hygge-kindness-countdown**