



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						<p>3 – Be kind to someone today because kindness is giving HOPE.</p>
<p>4 – Say 'Good morning' cheerfully to as many people as you can.</p>	<p>5 – Take a wintery walk outside in silence. What do you hear? What do you see? What do you feel?</p>	<p>6 – Make some paper snowflakes to decorate your house.</p>	<p>7 – Sitting comfortably, close your eyes and breathe deeply. Think of five things you are grateful for.</p>	<p>8 - The feast of the Immaculate Conception Say a Hail Mary today for anyone who needs your prayers.</p>	<p>9 – Donate some food to your local food bank, or to the St Vincent De Paul hamper.</p>	<p>10 – When going to bed, think about all the people you LOVE. Thank God for them</p>
<p>11 – Decorate some stones or write a happy message on them. Leave them around outside for people to find.</p>	<p>12 – Smile at everyone you meet today.</p>	<p>13 – Make a Christmas card for a friend thanking them for something.</p>	<p>14 – Every star shines a little differently. Your uniqueness is what makes you shine.</p>	<p>15 – Draw a picture of yourself and, around it, write positive comments and things you like about yourself.</p>	<p>16 – God is never late, never early, God is always right on time.</p>	<p>17 – Today is about JOY Be the reason that someone smiles today.</p>
<p>18 – At the start of the day, take a deep, long breath. In for 5, out for 5. Focus. Can you hear yourself breathe?</p>	<p>19 – Every piece of you is unique and special.</p>	<p>20 – Write down three good things that have happened to you today or this week – keep these with you as a reminder.</p>	<p>21 – Not every choice is going to be the right one. But, it's the wrong choices that teach you the most</p>	<p>22 – A smile and a positive attitude can take you a lot more places than a frown and an "I can't."</p>	<p>23 – Remember it's not what's under the tree that matters it's those who are gathered around it.</p>	<p>24 – Christmas Eve What would our lives be like if we all lived in PEACE?</p>
<p>25 – Christmas Day Say a special prayer of thanks for the gift of baby Jesus today. Visit him at the crib.</p>	<p>St Bernadette's Parish Pastoral Council 2023</p> <p>Children's Advent Calendar</p>				