**Self-Compassion**

Name something that makes you smile.

Name something that you are most proud of.

Name something that brings you joy.

What is something you love doing?

What is something you are great at?

**Giving**

Candy cane bomb a parking lot.\*

Give presents to the neighbors.

[Insert community service event]

[Insert community service event]

Pick out presents for adopted family.

Wrap presents for adopted family.

Write a letter to a friend.

Give someone a complement.  
Send a card to someone in the military.\*  
Make an ornament for your teacher.

Send a hug.\*

Leave money for someone’s movie rental.

**Family**

Make cookies for Santa.

Put up the Christmas tree.

Hot chocolate and movie day.

Ice skating.

What do you love about mom/dad/brother?

Christmas family photos.

Family game night.

Drive around and look at Christmas lights.

**\*Helpful Notes:**

Card to the military: <https://www.coffeecupsandcrayons.com/holiday-mail-for-heroes-send-a-card-to-a-service-member/>

Send a Hug: <https://carrotsareorange.com/send-hug-activity-kids/>

Candy Cane Bomb: <https://www.coffeecupsandcrayons.com/random-act-christmas-kindness-candy-cane-bomb-parking-lot/>